

PRE AND POST OPERATIVE INSTRUCTIONS FOR BREAST AUGMENTATION

1. You should make arrangements to be off from work for at least two weeks following surgery.
2. If you have small children someone should help you with childcare for at least one week.
3. No smoking for a period of two weeks prior and two weeks after your surgery.
4. Do not drive until instructed to do so (for at least one week).
5. You will be given a prescription for pain medicine with written and verbal instructions.
6. Avoid medications containing aspirin or NSAID'S (Ibuprofen, Aleve, Motrin...) two weeks prior and to and after surgery. Tylenol (Acetaminophen) is acceptable.
7. A postoperative bra will be placed on you after surgery. The garment should be worn around the clock for at least one week (it is ok to remove for showering). The doctor will determine specific time for garment to be worn on a case by case basis.
8. After the first week you may wear a sports bra, in place of your postoperative bra. This should be one with good support, no underwire, and preferably one that opens from the front.
9. Do not shower for 48 hours after surgery. After 48 hours it will be ok to sponge bathe or shower. Avoid soaking or immersing your breast in a steady stream of water (stand with your back toward the shower). Having someone nearby when taking your first shower is helpful.
10. The gauze placed over the incisions may be removed after 48 hours, when you take your first shower. After showering new gauze may be placed over the incisions inside the bra to absorb the drainage (bloody or serous) that you will likely have.
11. If the outside gauze becomes stained or soaked through with fluid (blood/serum) before 48 hours, additional gauze may be placed overtop for additional coverage. If you do not have gauze available, panty liners are a good substitute.

12. Usually there will be steri strips/tape placed directly over the incisions. These should be left in place until they fall off on their own (usually 1-2 weeks). As the steri strips start to come loose at the ends you may trim the loose ends with scissors.
13. If there are sutures on the skin, under the gauze, put a thin coat of antibiotic ointment (Neosporin, Bacitracin, etc...) over the sutures and re-cover with gauze at least once daily. This is best done right after a shower.
14. If you have sutures on the skin, these will be removed in around 7-10 days and then steri strips will be placed (Follow the above instructions for steri strips #11).
15. If your surgery is being done as an out patient surgery, you will likely be sent home with drains for the first night. The nurse will instruct you and your caregiver how to empty and strip your drains at least every 8 hours and record the totals every 24 hours. Drains should be supported at all times, including when showering (pinned to garment or attached to a belt).
16. When arriving home you should remain relaxed. (Short walks are encouraged after the first day). You should not do any strenuous activities such as cleaning, exercising, or shopping until instructed. Avoid lifting (no more than 1 grocery bag at a time/10 lbs.), extending, straining, or bending for at least two weeks after surgery.
17. You will be unable to lift your hands/arms over your head for at least one week after surgery.
18. Your swelling will increase for the first 72 hours and then gradually subside. You may notice increased swelling in the morning. However, this will subside as the day goes on.
19. You should not sleep on your stomach for at least three weeks. For the first week, sleeping in a recliner or in bed with pillows to elevate your head is important to help reduce swelling.

We have spent considerable time and effort to make your surgical experiences as efficient and pleasant as possible. We would appreciate your suggestions regarding any area of your care, which you think, could be improved to make your experience more pleasant.

If you have any questions, please call the office between 8:00am and 5:00pm. If a problem should arise after office hours, the doctor can be reached through the answering service at (253) 627-2900.