

Breast Augmentation/Mammoplasty instructions

These are some guidelines to help you during your recovery. They are not meant to be all-inclusive and you should call the office if you have additional questions or concerns.

1. Prior to your surgery it is important not to take aspirin, Motrin, or blood thinning products (including herbals or supplements) to minimize the chance of bleeding during your operation.
2. You will need a family member, spouse, or friend bring you to and from the medical facility. You will not be able to transport yourself home after surgery.
3. The surgery generally takes approximately 1 to 1.5 hours to perform.
4. Prescriptions for an antibiotic and pain medication will be given prior to your discharge home. Please take the full course of the antibiotic as directed and pain medication as needed.
5. The first post op visit to the office will take place 7-10 days after your procedure. We highly recommend you call the office or have a representative call to make the appointment.
6. You will have a soft dressing with either a surgical bra or ace wrap bandage at the end of the operation. If you have an Ace wrap it should be snug but not too binding. It should be applying pressure to the upper half of your breast to keep the implants low. You may make some adjustments to it for comfort but try not to take it off and "peek". □
7. You will have white paper band aids (steri-strips) over the incision sites. DO NOT REMOVE THEM. They can get wet and will not cause a problem. After bathing, pat them dry. Over the course of 2-4 weeks, they will slowly start to fray and peel off by themselves. If you wish, you can trim them as they become loose.
8. You may sponge bath or shower 36-48 hours after your procedure. You may remove the dressing and support bra/ace. Using temped/Luke warm soapy water, allow it to rinse over your breast, followed by patting dry the area. Avoid hot or very warm water to prevent engorgement and increase swelling of breast tissue. Replace the bra/ace after bathing. We highly encourage using a support bra for 14-21 days after your procedure. This will help minimize swelling and give your breast the support needed to promote the healing process.
9. If an On-Q "pain buster ball" was placed for pain control, the device will not require any care until it becomes completely empty. You should notice it slowly emptying over time. If it is empty you may remove it by tracing the catheters to the skin, removing the covering film, then pulling the catheter out. Please refer to the pamphlet that accompanies your discharge instruction sheets for further information.
10. You will be more comfortable sleeping on your back in a reclining type position for several days. Try not to sleep on your side or abdomen for two weeks.
11. We encourage you to practice brushing your hair, brushing your teeth, and slowly using your upper arms as a means of physical therapy.

12. You may be uncomfortable, sore, and stiff for several days. This is normal following surgery and will improve as you recover. Shooting pains, burning, spasms, or numbness are common sensations and are temporary. You may take pain medication as needed to help minimize discomfort.
13. Increasing physical activity (i.e. light weights, jogging, aerobics, etc.) can be readily performed 3-4 week after your surgery.
14. If you experience high fevers (T. 101), excess drainage from the incision(s), excess swelling, redness, or pain, it may indicate the possibility of infection. If these symptoms occur, please contact the office at (302) 888-0508.