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*Plastic Surgery ♦ Cosmetic ♦ Reconstructive ♦ Hand & Microsurgery*

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# **POSTOPERATIVE INSTRUCTIONS: BREAST CARE AFTER BREAST AUGMENTATION SURGERY**

You will be bruised and swollen following a breast augmentation. The first week after surgery may be painful. The swelling will be greatest for approximately about 36 hours after surgery. You can expect the swelling to diminish after the first week. The bruising may persist for 10 days or longer. Some blood may discharge from your incisions for several days. It's vital to follow these instructions to help promote healing.

- A responsible adult must provide transportation for you after surgery (public transportation is not permissible). He/she must stay with you overnight and after surgery until the morning following the procedure.
- Avoid making major decisions or participating in activities that require judgment for 24 hours.
- Do not drive for approximately 10-12 days and while you are taking pain medication. Avoid any activities that cause pain or discomfort.
- You will have a steri-strips (adhesive bandage) in place over your incision. Please keep your dressing clean and dry.
- Expect to have some incisional discomfort for the first 24 hours after surgery. Take your pain medication before your pain becomes severe. Take your prescribed antibiotics and pain medication as directed.
- Keep your head elevated on several pillows while sleeping and move/pump your legs frequently while lying down. This also helps in preventing blood clots from developing.
- Initially, you may take a quick shower with your back to the water, keeping your incisions completely dry.
- You may place ice packs on your chest for the first 48 hours after surgery.

- On post-operative Day 3, you may take a full shower. It is okay to get the steri-strips wet at this point, but do not remove them. You can gently pat yourself dry with a towel or use a blow dryer (cool setting) to dry the steri-strips.
- You may or may not have a bra on when you come out of surgery.
  - If you have no bra on when you come out of surgery, you may not wear a bra for a total of 3 weeks postoperatively; this allows the breasts to fall naturally.
  - If you have a surgical bra on when you come out of surgery, please wear this bra for 3 weeks postoperatively; this provides additional support as the breasts heal. This bra may be removed to be washed during the first three weeks, but otherwise should be worn consistently.
- It is not unusual to hear a squeaking sound after augmentation surgery. This is caused by pockets of air around the breast implant. As this air escapes, the sound will resolve.
- Do not exercise for the first week. After the first week, you may resume low intensity, lower body exercise. You may use your upper body for everyday tasks after surgery (for example - reaching for or putting away dishes); however, refrain from using the upper body muscles in a repetitive or strenuous motion for 3 weeks. No vacuuming, tennis or pectoral exercises for 3 weeks. No jogging for 3 weeks. You may resume all exercise/activity after 3 weeks.
- Drink plenty of fluids (8-10 glasses/day) for the first week to keep well hydrated.
- Avoid direct sunlight to the incision for at least 1 year. Use a sunscreen with zinc oxide with an SPF of 20 or greater to help decrease the visibility of the scar.
- It is expected to take between 3-6 months to see your final results.

**CALL OUR OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:**

- Fever of 101 degrees F or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and/or foul drainage from an incision site.
- Persistent nausea and/or vomiting.

Any other concerns. Office Telephone #: 201-751-9490

I HAVE READ THIS DOCUMENT/IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.

Patient Signature: \_\_\_\_\_ Date:  
\_\_\_\_\_

Patient Name (print): \_\_\_\_\_ MD:  
\_\_\_\_\_