



## **BREAST AUGMENTATION POSTOPERATIVE INSTRUCTIONS**

1. When you arrive home after surgery, rest quietly in a comfortable easy chair or in bed. You should walk around the house a little and use the bathroom as needed. Do not do any significant activity or exertion in the first 48 hours after surgery. Sleep on your back with your head, neck, and shoulders elevated on pillows.
2. Eat a light diet for the first 12 hours after surgery, beginning with liquids, and advancing slowly. Drink plenty of fluids, but avoid any alcohol. No cigarettes or tobacco for 3 weeks.
3. Have a responsible adult remain with you the first night after surgery. Be certain they assist you when you are first standing, walking, or showering.
4. Wear your sports bra full time for the first 6 weeks. You may shower normally, and replace it as needed. If you have and wrapped with an Ace wrap, please leave this in place for 24 hours, as long as it comfortable. You may have someone rewrap this bandage for you if it needs to be adjusted.
5. Take your medications as directed. Consider taking Colace or other stool softener to prevent constipation. Take a multivitamin daily after surgery for about 2 months.
6. No driving while taking narcotics, or while your chest is tender (typically about 2 weeks).
7. Leave your Steri-strip tapes in place until they fall off on their own. They may last 3 weeks. You may shower normally 24 hours after surgery. No strenuous lifting or exercise for at least the first two weeks. You may begin gently with lower body exercises after that. You may advance to arm and chest exercises at 6 weeks.
8. Some minimal drainage is expected on your bandages during the first day after surgery. Some pain and bruising is also expected. This should be minimal. Report increase in pain not relieved by your pain medication, swelling (especially more on one side than the other), excessive bruising, redness, fever, or flu-like symptoms.
9. Don't hesitate to call the office with any problems, concerns or questions.

Schedule your first appointment for 2- 3 days after surgery.

First Post-Op Appointment \_\_\_\_\_

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