

## **Breast Augmentation Post-Op Instructions**

### **What to Expect**

Post-Operative bruising and swelling to the surgical area is NORMAL and to be expected. This will gradually improve over the next several weeks.

### **First 24 Hours Post Op:**

- A responsible adult (over the age of 18) must take patients home after surgery. In order to ensure supervision, this person must agree to stay with you during the evening following your surgery and into the following day.
- You should drink at least 6 to 8 cups of water (8oz each) after surgery.
- Do not take any aspirin or products with aspirin for up to four weeks post op. ONLY use the pain medication prescribed by the surgeon or Tylenol.
- You must begin **walking and moving your arms** the evening of the surgery.
- You cannot just stay in bed. It is important for you to get out of bed at least 5 times a day and walk around.
- Your first postoperative appointment will be with our staff the DAY AFTER your surgery. Your next appointments will be determined by the nurses, but they typically take place 15 days and 30 days post-op.

### **Physical Activity Post Op:**

- Expect to take at least 7 days off work if you are employed. Please limit ALL physically exerting activities for the first week following your procedure.
- Do not have sexual intercourse for 4 weeks post op.
- Do not drive for 5 to 7 days following surgery or until cleared to do so

by your surgeon. Do not drive while taking oxycodone.

- You are not allowed to travel by boat, plane, cruise ship, train, car and/or any form of transportation out of Miami, Florida, for 5 days post-op, at minimum.

### **Bra Instructions:**

- Use a cotton sports bra with Velcro in the front to avoid stretching your arms and back or causing injury to your wounds.
- Do NOT use any underwire bra for 8 weeks after surgery.

### **Showering Instructions**

- You are ONLY allowed to SHOWER for the first 30 days after surgery; NO BATH.
- You cannot submerge yourself in a bathtub, pool, ocean, jacuzzi or hot tub until 1 month after surgery.
- With only soap and water, gently clean incisions using a circular motion and pat dry. Do not rub, tug or scrub the wounds.
- Leave the tape strips on while showering. You can dry the tape with a blow dryer on a cool setting. The tape will naturally fall off over time. Do not place any ointment to the tapes and never use alcohol on your wounds as it kills healthy tissue.
- Do not use warm or hot pads on the wounds or abdomen.

### **Sleeping Instructions**

- Wear comfortable cotton sports bra with a front closure or zipper for support when you sleep.

### **Eating & Drinking Instructions**

- Drink small amounts of clear liquids such as water, soda or apple juice.
- Do not take narcotic pain medication (oxycodone) without having some food in your stomach, otherwise you might experience nausea and vomiting. If you feel nauseated, rest your stomach for one hour, then try

drinking some clear liquid and try eating crackers or toast initially.

- You are not allowed to take any herbal supplements or over-the-counter vitamins/medications for 2 weeks after surgery as this can cause bleeding.
- You are only allowed to take a single multivitamin a day

**Important Reminders:**

- SURGICAL TAPE/STERI STRIPS SHOULD BE LEFT ON THE INCISIONS UNTIL IT COMPLETELY FALLS OFF ON ITS OWN
- ALL SUTURES ARE DISSOLVABLE AND DO NOT NEED TO BE REMOVED
- DO NOT CONSUME ALCOHOL FOR 2 WEEKS AFTER SURGERY. DO NOT CONSUME ALCOHOL WHILE TAKING PAIN MEDICATION
- DO NOT SMOKE FOR 6 WEEKS AFTER SURGERY - OR AT ALL
- DO NOT UNDERGO ANY DENTAL PROCEDURES FOR 1 MONTH AFTER SURGERY TO AVOID INFECTIONS

**\*\*\*Following these instructions and using good judgement is essential for the best possible results.**

**These post-operative instructions are not intended to cover every possible problem that could arise.**

**Please call our office before going to an emergency room or any other physician\*\*\***