



**W H I T B Y**  
PLASTIC SURGERY

## **Breast Augmentation Post Operative Instructions**

### **Dressings**

Dr. Chambers will put dressings on you the day of surgery. These should stay in place until your first follow up appointment at one week. If there is any overflow leakage please reinforce with dry gauze or a feminine hygiene pad. Please keep your post operative bra on at all times.

After your first follow up it is recommended you switch to an underwire bra. This can be purchased after your first follow up. This should be worn for 3 months after surgery.

### **Pain**

You will be provided with a prescription for pain medication. Ideally this should be started right after leaving the hospital before any pain starts. Take the medication regularly over the 1<sup>st</sup> 24 hours even if you are not having any discomfort, then switch to as needed. Start taking Tylenol and advil immediately as well and for the first 3 days take this regularly. Please do not take aspirin or herbal medications for this first week. You should not drive while taking prescribed pain medication.

Pain medication can cause constipation. It is recommended that you pick up a stool softener such as Colace with your prescription to avoid straining bowel movements.

If you experience rapid swelling on one side with or without pain please call the office or go to emergency if this is over the weekend or after hours. This may be a hematoma or blood collection that requires drainage. If you are having more pain at 72 hours than previously, which is not resolving, please contact the office. If one or both breasts become red, hot and painful please call the office or go to emergency. These are signs of an infection.

### **Activity**

It is important to start moving right away. This includes trips to the bathroom and kitchen. Please avoid lifting over 5 lbs for the first 2 weeks and nothing over 10lbs until 4 weeks after surgery. Please avoid vigorous exercise for the first 4 weeks after surgery.

### **What to Expect after Surgery**

You can be tired after a general anesthetic for up to a week. Low grade fever and nausea are not uncommon up to 24 hours. For this reason it is recommended that you advance your diet gradually. After the first day it is okay to eat what ever you want. We recommend increasing your protein intake over the first 2 weeks.

You may have some decreased sensation in the skin of your breasts due to stretching of the nerves. This will improve however please avoid hot water bottles or icing for >20 minutes as you may burn yourself.

Breast implants can initially seem quite large and high riding on the chest. This is normal. As the tissues stretch and accommodate the size will decrease and the implant will settle inferiorly. This can take anywhere for 3-6 months.