

## **Post-Operative Instructions for Breast Augmentation**

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (415) 379-9015.

**As time goes by and you are healing**, the following guidelines apply:

- ◆ Minimal activities for the first 4 days after surgery.
- ◆ Remember to position yourself as you have been instructed.
- ◆ Leave the bra in place as it helps with the swelling. At the time of the first postoperative visit the bra will be removed.
- ◆ Do not raise your arm above your shoulders.
- ◆ NO heavy lifting, pushing or pulling for a minimum of one week.
- ◆ After 1 week, full range of motion with your arms is permissible, but lifting is restricted to 5 pounds or less.

You can expect:

- ◆ Sutures to be removed between 9-11 days (unless dissolvable).
- ◆ To return to non strenuous work within 3-7 days.
- ◆ Moderate discomfort, which should be relieved by the pain medications. Also, placing well-padded ice bags high on the chest often relieves discomfort.
- ◆ Moderate swelling of the breasts and abdomen.
- ◆ Bruising around the breasts.
- ◆ Some bloody drainage on the dressings.

Call the office if you experience:

- ◆ Severe pain not responding to pain medications.
  - ◆ Excess swelling or swelling that is greater on one side than the other.
  - ◆ A bright red spot on the bandage which continues to enlarge.
  - ◆ Incisions that appear to be opening or becoming very red, hot to the touch or containing pus.
  - ◆ A fever.
  - ◆ Any signs of increasing firmness of one or both breasts.
  - ◆ Call the office with any questions.
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- ◆ After the sutures are removed you will be instructed in special exercises which you will need to perform two to three times a day for at least one-year.
  - ◆ Most swelling, bruising and soreness is gone within 6-8 weeks.
  - ◆ Return to strenuous activities in 8 weeks.

**Patient Initials:** \_\_\_\_\_

- ◆ Final bra size can be determined within 10-12 weeks.
- ◆ The scar will continue to fade for up to 2 years.
- ◆ If you notice any signs of increasing firmness of one or both breasts, even months after the operation, please notify us promptly so that treatments can be started.
- ◆ Certain types of bras are not recommended until at least 6 months after surgery. Check with your surgeon on what type of bra to purchase.
- ◆ After you are cleared to do so, you may wear the bra of your choice.