

BREAST AUGMENTATION POST OPERATIVE INSTRUCTIONS

YOUR FIRST 24 HOURS

A family member or friend must drive you home because you have been sedated. Someone should stay overnight with you. If you have any questions, please ask one of our nursing staff.

POSITION

During the first week, attempt to sleep on your back instead of on your side. We want your implants to stay in a perfect position during the initial healing process. This is not a "life or death" issue. However, if you cannot sleep on your back, sleep in another comfortable position. Elevate your body from the waist up on two pillows. You may need assistance getting up and down.

MEDICATIONS

You will be given prescriptions for your comfort and care. It is important that you use the medications as directed unless you experience abnormal symptoms that might be related to medication usage. In general you will be prescribed pain medication, an antibiotic, and a muscle relaxant. Symptoms such as itching, development of a rash, wheezing, and tightness in the throat would probably be due to an allergy. Should these occur, discontinue all medications and call the office for instructions.

ASPIRIN AND ANTI-INFLAMMATORY PRODUCTS

There is a risk of developing bleeding into your wound area for two weeks after surgery. For this reason, aspirin and anti-inflammatory over-the-counter products (Motrin, Ibuprofen, Advil, etc.) must be avoided for two weeks after your surgery. If the pain medication we prescribe is insufficient or not tolerated during this period, please let my office know and we will prescribe an alternative.

VITAMIN E

Start vitamin E 1000 units daily one week post breast augmentation. (Take for one year or more.)

MASSAGE

Begin breast massage two to four days after surgery IF directed. This should be done for about five minutes, three times a day, for two to three months. After surgery, we will instruct you how to do this massage, if indicated.

ACTIVITY

You should be resting the remainder of the day of surgery. Elevate your body on two pillows. You may want to sleep in a recliner or lounge chair. You may need assistance getting up and down. After three days, all "normal activities" may be resumed, except for strenuous exercise. During the first week, do not lift over 10 pounds. Avoid lifting children, pets, or any heavy objects for 8-10 days. When you do lift children or objects, hold them closely to your chest to avoid straining your arms and lift with your legs, not your waist. It is important that you not engage in strenuous activities in the first 3 weeks after surgery. Aerobic exercise will raise your blood pressure, which could cause late bleeding and harm your results. Jogging, tennis,

swimming, golf and the like may be resumed 4 weeks after surgery. Do not use a hot tub or soak in a tub with breasts under water for 6 weeks. Let your body tell you what you can do or not do. If your job keeps you sedentary, you may return to work when you feel comfortable, several days after surgery.

DIET

If you have any postoperative nausea, carbonated sodas and dry crackers may settle the stomach. If nausea is severe, call our office. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet.

SMOKING

Smoking reduces capillary flow in your skin. We advise you not to smoke at all during the first 2 weeks after surgery.

ALCOHOL

Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.

DRESSINGS

Depending on the incision used, you may be asked to wear a sports bra, a binder strap, both, or nothing at all. After surgery there will be bandages over the incisions. There may be blood on the bandages. IF bleeding appears excessive don't hesitate to call my office or answering service. The bra and/or breast strap act as a "dressing" holding the breasts and implants in perfect position. Try to keep the bra "even". We will typically want you to wear the bra and/or strap at all times, 24 hours a day, until Dr. Hendrick informs you to change this routine (typically from one to six weeks). After this one to six week period, Dr. Hendrick will instruct you as to what type of bra and/or strap routine to follow. Do not wear an underwire bra for 3 months IF your incision is in the fold of the breast.

SHOWERING AND BATHING

You may shower after Dr. Hendrick removes the bandages the day after surgery. Leave any adhesive strips (Steri-Strips) on your skin. (Do take your bra off while you bathe.) If you prefer to bathe, do not allow the incision lines to soak for more than a few minutes in the bath water. If no adhesive strips (Steri-Strips) were used on your skin (e.g. armpit incisions), clean the incisions twice a day with peroxide.

SHAVING AND DEODORANT

IF your incisions are in the armpit, do not shave or use deodorant in the armpits until the sutures are removed.

SUTURES

Dr. Hendrick will remove the sutures approximately one week following your surgery.

EXPOSURE TO SUNLIGHT

Scars take at least one year to fade completely. During this time, you must protect them from the sun. Even through a bathing suit, a good deal of sunlight can reach the skin and cause damage. Wear a sunscreen with a skin-protection factor (SPF) of

at least 15 at all times when in the sunshine. Be extremely careful if areas of your breast skin have reduced sensitivity--you might not "feel" a sunburn developing!

DRIVING

You may drive when driving does not cause pain and you are no longer taking pain medication. This usually occurs in 4-6 days if you have a car with power steering.

SEXUAL ACTIVITY

You may enjoy sexual activity as your body allows with the following restriction: Please reread Activity above and apply the same concept to sex.

POSTOPERATIVE APPOINTMENTS

It is very important that you follow the schedule of appointments we establish after surgery.

HEALING OF SENSORY NERVES

Regeneration of the sensory nerves is accompanied by tingling, burning, or shooting pains, which will disappear with time and are nothing to be alarmed about. If, however, this is accompanied by swelling or redness, infection, or bleeding, then you will need to see Dr. Hendrick at the office.

ASYMMETRY

It is quite common for the two breasts to heal differently. One may swell more, one may feel more uncomfortable, or the shapes may differ initially. After complete healing, they should look remarkably similar and natural. Patience is required, but if you are concerned, ask questions of Dr. Hendrick or the nursing staff.

"SLOSHING SENSATION"

You may hear and feel "sloshing" in your breast after surgery. This is not the implant! It is the air that is trapped in the space around the implant and the natural fluid that accumulates after an operation. It will be absorbed by the body within a few weeks.

SHINY SKIN

The skin of your breasts may become shiny. This is a result of the swelling that occurs after surgery. Within a few weeks, the edema and the swelling will subside and the skin will look more normal.

SENSITIVITY

As the nerves regenerate, the nipples commonly become hypersensitive. This will subside with time. You may find that gentle massaging helps.

Patient's Signature

Date