

# BREAST AUGMENTATION

## Post-Surgical Guide



### INCISIONS

- Your incisions are closed in multiple layers with absorbable sutures.
- The surface is sealed with a medical glue and may have steri-strips covering the incision.
- You will be given a surgical bra that should be worn at all times until instructed otherwise.
- ABSOLUTELY NO ICE or HEATING PADS to incisions/breasts.

### BATHING

- Unless you have surgical drains, you may shower with a mild soap like Dove 48 hours after surgery. If you have drains, sponge bathe only until 48 hours after drains are removed.
- Use your hand or a clean, soft washcloth. Do not rub the area. Pat dry.
- No soaking in a bath or swimming until cleared by the office.
- If drains are placed during surgery:
  - Use proper hand hygiene; such as a gel sanitizer on hands before handling your drain.
  - Strip drain tubing and record output twice per day. Bring your drain log to your follow-up appointments.

### ACTIVITY

- Relax, rest, and do light activity within the home only for the first week.
- No twisting or lifting greater than 5-10 lbs for 4-6 weeks.
- No pressure on breasts.
- No laying on side while sleeping for 4 weeks.
- May elevate arms to shower, but not above shoulders for first 2 weeks.
- Avoid sitting, particularly for prolonged periods during the first 2 weeks.
- No driving for 1 week and off prescription pain medication.
- You may be instructed in implant massage 2-3 weeks after surgery.

### MEDICATIONS

- Take two Aleve in the morning and two in the evening starting the day after surgery.
- For additional pain control, take prescribed narcotic pain tablets every 4-6 hours as needed.
- Prevent constipation while on narcotics by taking one dose of Miralax daily and Colace twice daily until off of narcotics and having regular bowel movements.
- Take Singulair 10mg daily for 3 months to prevent capsular contracture. Begin the day of surgery.
- If prescribed, complete antibiotic course after surgery.

**Dr. Christine Fisher**

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After hours: (512) 323-5465

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### EMERGENCIES

- **\*\*After hours, call Medlink Paging Service at (512) 323-5465\*\***
- Call the office immediately for:
  - Temperature greater than 101 degrees
  - Significant increase in swelling or one breast more swollen than the other
  - Extreme pain not controlled by pain medication
  - Redness of the breast or pus/yellow/green drainage from incisions
  - Darkened or blackened skin (in excess of normal bruising)

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