



# Breast Augmentation

## Post Op Instructions

### **Breast Augmentation**

**Normal Symptoms:** Remember it is normal to experience soreness, bruising, swelling, tightness and some degree of pain for the first few days following surgery. These conditions will lessen each day. You may also experience change in skin and nipple sensation following surgery. In most cases, this improves in a few weeks after surgery, but may take longer. In some cases, change in sensation is permanent. Your breasts will continue to soften for three to six months after surgery.

**Sleeping:** During the first week after your breast augmentation surgery, try to sleep on your back instead of your side. We want your breasts to stay in perfect position during the initial healing process. This is not a “life or death” issue, however. If you cannot sleep on your back, try another comfortable position. Elevating your head on 2-3 pillows for several weeks after surgery will help to reduce your swelling.

**Bathing:** Keep your incision dry. Do not shower or bathe until after your first post-operative appointment. You may take a sponge bath. Inspect your incisions daily for signs of infection. No tub soaking while sutures or drains are in place.

**Driving:** Have someone drive you home after surgery and to your first post-operative appointment. You can drive when you are no longer taking prescription pain medications (narcotics). You can drive when you have a full range of motion with your arms or whenever your doctor gives you permission.

**Activities:** Start walking as soon as possible. This helps to reduce the swelling and lowers the chance of blood clots. It is important that you not engage in strenuous activity for the first three weeks after breast augmentation surgery. Strenuous exercise includes, but is not limited to: jogging, vacuuming, heavy lifting and swimming. Aerobic exercise can raise your blood pressure, which could cause late bleeding and harm your result. Do not lift above your head for 2 weeks. Refrain from physical contact with the breasts for 3-4 weeks. Body contact sports should be avoided for 6-8 weeks. Social and employment activities can be resumed in 3-10 days.

**Scars:** 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 harm. Wear a sunscreen with a skin-protection factor (SPF) of at least 30 or greater at all time when in the sun, Silicone sheeting can be helpful.

**Clothing:** You may or may not have been fitted with a surgical garment postoperatively. If you were fitted, wear your garment until your doctor tells you to wear something different. If you were not fitted with a garment, you should bring a sports bra (no underwire) that is loose fitting to your first postoperative appointment. You may pad the incisions with gauze for comfort.

**Other Instructions:** Do not take aspirin or any products containing aspirin. Do not drink alcohol when taking pain medication. Even when not taking pain medications, do not use alcohol for three weeks as it causes fluid retention. Do not smoke, as smoking delays healing and increases the risk of complications.

**When to Call:** If you have increased swelling or bruising. If swelling and redness persist after a few days. If you have increased redness along the incision. If you have severe or increased pain not relieved by medication. If you have any side effects to medications such as rash, nausea, headache, vomiting. If you have an oral temperature over 100.4 degrees. If you have any drainage from the incision or notice a foul odor. If you have bleeding from the incisions that is difficult to control with light pressure. If you have loss of feeling or motion. In case of emergency, call Dr. Zahir at 703-208-0783