



POST-OPERATIVE INSTRUCTIONS - BREAST AUGMENTATION

Patient Name: _____ **Date of Post-Op:** _____

Medications:

Be sure to take all antibiotics as directed until you finish the prescription. Take your pain medicine as needed for discomfort. Do not take any pain medicine on an empty stomach and avoid the use of Tylenol while taking your narcotics. Do not take any other anti-inflammatory medications (e.g.: Aspirin, Advil, Ibuprofen) unless otherwise directed by your doctor. Avoid Vitamin E, Herbal meds or teas, Fish Oil & Alcohol. An over-the-counter stool softener (Colace or Miralax) is recommended if you are taking prescription narcotic pain medication since they may cause constipation.

Dressing – Shower – Bath:

You may shower 2 days after surgery. Use the Hibiclens's soap to wash your incision until the bottle is empty. Re-apply a clean gauze dressing after showering. No hot tubs, swimming or bathtubs until wounds have completely healed.

Diet:

You will start with a clear liquid diet and then progress to your regular diet if you experience no nausea.

Activity – Exercising:

Slow walking is allowed anytime. Brisk walking may be resumed in 3 weeks after surgery. No strenuous exercise (aerobics, jogging) is allowed 4 to 6 weeks after surgery. No heavy lifting (greater than 5 lbs) is permitted for 4 weeks after surgery. Do NOT drive a car for 7-10 days or until off narcotic pain medication completely. No under-wire bra is allowed for 4 weeks following surgery; sports bras or other soft bras are suggested. **NO TRAVEL FOR 2 WEEKS POSTOPERATIVELY!!! Make plans accordingly.**

Return to Work:

If you have a "desk job" you may return to work 2 weeks after surgery. If your job requires strenuous activity or lifting of heavy weight, you may return to work 3 to 4 weeks after surgery.

Sutures:

Most of your sutures are internal and will absorb on their own. You may have a few sutures that will need to be removed at the first visit after surgery. Watch for symptoms of **Cellulitis** (warm, red, tender skin to the touch). Call the office immediately if you do.

Dental/Oral Surgery:

If you have any invasive oral surgery (wisdom teeth extraction) within 6 weeks AFTER your Breast Augmentation surgery, your physician would like you to take an antibiotic for 3 days starting the night before your procedure. This prevents your implant from the potential risk of infection. If your oral surgeon does not routinely prescribe an antibiotic, you may call our office and we will be glad to phone in a prescription for you.

Drain Care:

Strip drain tubes 3x day; Empty drain bulb 3x day after stripping (You will be instructed on how to do this). Measure contents of bulb and record when emptying drain bulbs.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE
DURING REGULAR BUSINESS HOURS, M-F 9-4:30 PM • (502) 589-5544**

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