

VICTOR K. AU, MD
Breast Augmentation Postop Instructions

- 1) **ACTIVITY** When you get home, avoid getting up too quickly to prevent lightheadedness or fainting spells. We recommend moving around and getting active as soon as the anesthetics have worn off to reduce the risk of deep vein thrombosis of the legs, which can lead to problems such as pulmonary embolism. You may gently move your arms around in a circular motion, but do no repetitive motions in the first week where you hold things over your head. We have seen bleeding as late as 1 (one) week out from surgery by using a blow dryer. Do nothing strenuous the first week and avoid pectoral and upper body muscle exercises in the first 2 weeks. You may work your way back to exercising over the course of 2 to 4 weeks after surgery. Light jogging at 2 weeks, starting slowly, is permissible.
- 2) **BRAS** You may wear any bra without an underwire after 2 to 3 days, but you need some support most of the time for the first 4 weeks. Underwire bras may be worn after 6 weeks.
- 3) **FOOD** For the first few meals it is best to avoid heavy foods or solids. Take fluids to avoid dehydration.
- 4) **MEDS** Your prescriptions for pain medicine and an antibiotic have been written for you. Do not take any aspirin-containing medications, Motrin, Aleve, similar medications or herbals as listed on the sheet given to you. These can cause bleeding. You can take Tylenol, but then you cannot take the prescribed pain medication as it also has Tylenol mixed in with a narcotic. The narcotic can cause drowsiness so you cannot then drink alcohol, drive a car or operate machinery for at least 4 hours after taking it. The nausea medicine is a rectal suppository or an oral medication to be used in case of nausea. Your antibiotic should be taken if the Doctor instructs you to take them.
- 5) **SMOKING** Smoking, tobacco products or exposure to cigarette smoke can be harmful to the healing process and can lead to skin loss or worse. It is permissible for breast augmentation done without a lift, but discouraged. It is **NOT** permissible with any lift or tuck.
- 6) **POSTOP CARE** For the first day or so you can use ice packs on the operated areas to reduce swelling or pain. They should not be in contact with the bare skin.
- 7) **DRESSINGS AND WOUND CARE** Replace the dressings on the wounds as often as necessary if there is drainage, or daily. After the first day you can take off the dressings and take a bath or shower. You can apply a small amount of Polysporin ointment (if it does not irritate your skin) to the wound edges. Let your bra hold the dressings on. Some drainage is expected on the dressings, but we don't expect to see large amounts of bleeding or massive swelling. After 2 or 3 days ointment is not needed.
- 8) **MASSAGE** Massage is done gently by pressing the side of your breast with one hand, then pressing with the other hand on the top and stroking gently towards your feet. You support the side because there is a tendency for the implants to go out to the sides and that is not what we want to happen. You should do this starting day 2, and do it for a few minutes about 3 times a day till the implants have settled which can take from 1 to 6 months. The droopier the breast is to start with the longer it can take. Do not be alarmed that the breasts look somewhat unnatural at first. The breast and muscle must stretch out to allow the implant to settle, and this does not happen overnight.
- 9) **PROBLEMS** Problems to look out for: fever over 102 degrees F, severe pain or redness along the wounds, pus drainage, sudden massive swelling and shortness of breath. Please give us a call the office if you have any problems or ask to speak directly with Dr. Au.
- 10) **FOLLOWUP** The first post-op visit after you return home is at 5 to 7 days.