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### **After Breast Augmentation Surgery**

You should be up walking with assistance on the evening of surgery and as much as possible daily thereafter. Try to ambulate each hour while awake. Do not spend hours at a time lying or sitting and avoid crossing your legs at all times. These practices will minimize the chance of developing blood clots in the legs (deep venous thrombosis or DVT), a potentially very serious condition.

The amount of bruising is usually minimal. However, the breasts will be swollen and feel firm for at least three weeks. Their final size will not be established for months. Keep your upper body elevated to help reduce breast swelling. It is normal for swelling to gradually move down to the abdomen and hips. It is also normal for the breasts and nipples to feel either numb or hypersensitive. This will eventually resolve but may take a few months. Incisions under the arms, on the areola, and under the breasts have “dissolvable” sutures which do not have to be removed.

Continue to take the Bromelain for two weeks. Do not take drugs on your “Medications to Avoid” list for two weeks. Remember not to smoke at all for at least three weeks although abstaining for six weeks is optimal for proper wound healing. Begin taking your antibiotic when you get home from surgery and continue as directed for one week. Take your prescription pain medication every four to six hours as needed but switch to Tylenol as soon as possible. Constipation can occur after surgery due in part to narcotic pain medications. Increase your intake of water, fruits, and fiber to help prevent this. Milk of Magnesia or Colace (both available at pharmacies over the counter) are often helpful if constipation persists. Substituting Tylenol (acetaminophen) for your prescription pain medication will also help prevent constipation.

An elastic binder (strap) or a surgical bra and gauze dressings will be placed at the conclusion of surgery. Wear the strap or bra continuously for the first week. Your first shower may be taken forty-eight hours after surgery and your first bath after two weeks. Prior to showering, remove the binder or bra and all gauze dressings. Leave the skin-colored tape (“steri-strips”) covering the incisions intact. These can get wet and should stay on for two weeks following surgery. After showering, gently pat breasts dry and place clean gauze over any breast incisions, and put the binder or bra back on. Do not use any lotions or powders on breasts for the first week. If your incisions are under the arms, do not apply deodorant for the first week or shave for the first two weeks.

If this is not your first breast implant surgery and you are having replacement of your implants, plastic drains may be placed at the conclusion of surgery. The recovery room nurse will instruct you on how to care for them. Drain output should be recorded on the drain output instruction sheet that will be given to you before discharge. You may shower two days after surgery with the drains in place. Use a hair dryer on a cool setting to blow the drain site incisions dry. The drains are usually removed at your first postoperative appointment.

Your first appointment at the office will be at one week. The appointment time will be given to you before you leave the office on the day of surgery.

The surgical incisions are usually thin at first, but may become somewhat thicker and red for up to six months before they begin to fade. It takes at least one year before final scar quality is established, and sometimes longer. Placing vitamin E or any other substance on the incisions has not proven to be beneficial.

Exercises that focus on the pectoralis muscles are not recommended for the first two months postoperatively. These include pushups, bench press, chest flies (free weights or machine) and military press. Our concern is that a change in position of the implant may result from sustained, vigorous exercise of the chest muscles while you are still in the healing process. We do not believe that exercises that focus on the pectoralis muscles either enhance aesthetics or contribute significantly to improved upper body strength. Please adhere to the following exercise guidelines:

at 2 weeks	Walking on a treadmill (flat or incline) Recumbent or stationary bike
at 3 weeks	Elliptical trainer (low intensity), no arm use Light weight lifting 5-7 lbs for arms Lower body weight machines
at 4 weeks	Light jog Mat pilates
at 6 weeks	Floor based yoga (no inversions) Heavier weight training (10-15 lbs) Spinning (without upper body work) Zumba Exhale/barre method
at 8 weeks	Yoga All cardio Cardio sculpt Lap swimming (any stroke) Horseback riding Water sports Pilates Tennis Golf Kickboxing/martial arts

Driving, flying, and return to work are permitted after one week. You may sleep on your side after one week as long as you have a bra or strap on. Do not lie on your stomach for at least three months. When bending down, bend at the knees to minimize pressure on the incisions. Movement of the upper body should be minimized for the first two weeks after surgery. Avoid strenuous efforts such as opening heavy doors or lifting heavy objects during the first two weeks. Raising your arms above your head must be done carefully for the first two weeks after surgery. Do not lift anything heavier than five to ten pounds for two weeks. Sexual relations should be deferred for two weeks, avoiding the breasts when resuming for at least another week.

Following breast augmentation surgery we recommend treatment with antibiotics prior to any invasive office procedure which may cause bacteria to enter the bloodstream. This includes dental work such as treatment for periodontal disease or tooth abscess (not routine cleaning). Colonoscopy is another example. Antibiotics may further reduce the very small risk of an infection that could affect the implants. Before you visit your dentist or internist, ask them to prescribe:

Amoxicillin 500 mg

Number: 6

Directions: Take four pills before the procedure and two pills four hours after the procedure.

If you are allergic to penicillin ask them to prescribe instead:

Clindamycin 300 mg

Number: 4

Directions: Take 2 pills one hour before procedure and two pills four hours after the procedure

If you have any questions please call the office and ask for one of our nurses.

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