

WHAT TO EXPECT FOLLOWING BREAST AUGMENTATION

Before Your Surgery

- 1 week before your surgery, please stop taking the following medications:
 - NSAIDs such as Ibuprofen, Motrin, Aleve, Naproxen, etc as these can increase your risk of bleeding during and after surgery.
 - Aspirin and any Aspirin containing medications
 - Cold medications that contain Aspirin or NSAIDs
 - Multivitamins and any over the counter supplements
- Please notify your surgeon's office if you currently take any blood thinning medications such as Warfarin, Plavix, 1tovenox, or Fragmin.
- Please call your surgeon's ;office if you have any questions regarding medications that you should/should not take before surgery.
- Please do not eat or drink anything after midnight the night before your surgery. You may take any necessary medications the morning of surgery with a small sip of water.

Hospital Stay

- You will remain in the recovery room following your procedure and will be discharged home later the same day.
- Before you are discharged from the hospital your pain will be adequately controlled with oral pain medication.
- You may be discharged with drains in place. If so, the nurses will teach you how to empty and record your drain output and care for your drains before you leave the hospital.

Activity following surgery

- No heavy lifting (greater than 10 pounds) or raising your arms above your head for about 2 weeks or until you have been cleared by your surgeon.
- You may not drive for several weeks until you are comfortable wearing a seatbelt and have been cleared to do so.
- In order to prevent blood clots it is important to walk around as much as possible following this surgery.

Pain

- You were likely prescribed pain medications. Take them as needed for pain. As your pain decreases you should be able to decrease the use of the narcotic pain medication and control pain with Tylenol only.
- Please avoid taking NSAIDs such as Ibuprofen, Motrin, Aleve, etc as these can increase your risk of bleeding after surgery.

- If you were prescribed a narcotic pain medication, it can cause constipation. In order to avoid constipation, increase your fluid intake you may also need to take a stool softener such as Colace or any of the other over the counter stool softeners.
- Do not drive or drink alcohol while taking pain medication as it can make you drowsy and impair your judgment

Diet/Appetite

- You may resume your pre-hospital diet.
- Drink plenty of fluids, at least eight glasses of 8 ounces each day to help prevent constipation associated with pain medication.

Caring for Your Wound:

- It is normal to have some bruising and swelling after surgery. The swelling will diminish over the next few weeks following surgery; any bruising will disappear during this time as well.
- If your wound has oozing or drainage, you may cover it with a dry dressing. Please be sure to change it everyday.
- Once your initial dressing is removed, you will likely have Steri-Strips over your incisions. Please leave them in place, as they will fall off on their own in about 7-14 days. You may remove them if they remain in place after 14 days.
- If you were discharged from the hospital with drains you will be instructed on how to care for them and when to return for removal of the drains.
- Do not put any ointments or antibiotic creams on your incision. These will not make it heal faster.
- You should wear a sports bra for a period of one month. Avoid any bra with a tight underwire and wait for 6 weeks before wearing a regular bra.

Medications following surgery

- Resume your pre-hospital medications. Follow-up with your primary care physician regarding new prescriptions or refills of your home medications.
- If you were given an antibiotic, continue to take it until all of your drains are removed. Do not stop taking the antibiotic just because you feel better.

Follow-Up Appointment

- If you are not given a follow up appointment when you leave the hospital, call your Plastic Surgeon's office and make an appointment to be seen within 1 week after your surgery.
- At this appointment, we will check your incision and remove any drains and/or stitches. Your surgeon will also discuss the results of the surgery and your treatment plan.

Call our Office if:

- You have a fever greater than 101°F, chills, nausea, vomiting, shortness of

breath, leg pain, increased incisional pain not relieved with pain medication; if you notice signs of wound infection (redness/tenderness at or purulent discharge from your incision); or if you have other concerns. ·

- Please call 911 or go to the closest Emergency Department for any life threatening emergency.