



## What To Expect Following Breast Augmentation Surgery

### Post Operative Swelling & Care

- Maximal swelling is 2 to 3 days following surgery. You may have some bruising, this is normal.
- You can start Tylenol when you get home from surgery. Avoid taking Percocet/Vicodin and Tylenol together. Space at least 4 hours apart as they both contain acetaminophen.
- You can start Ibuprofen or Aspirin products 24 hours after your surgery
- You should take a stool softener such as Colace as directed by the packaging while taking narcotic pain medications (Percocet, Oxycodone, Vicodin). **DO NOT take a laxative. If you have NOT had a bowel movement within 3 days after surgery please let our office know.**
- Wear your compression stockings overnight after your surgery and then throw them away the next day
- Wear your surgical bra or newly purchased supportive bra for 3 weeks at all times. You may remove it to shower.
- We recommend that you continue to wear your own supportive bra a few hours each day for weeks 3 to 6
- Do not wear bras with underwire until 6 weeks after surgery
- Do not submerge in water for 1 month; no baths or any swimming, etc
- Ice can be applied in 15-minute intervals to decrease swelling for the first 3 days but it will not eliminate swelling entirely.
- Your sutures are absorbable and will dissolve on their own without need to remove them.
- You will have Steri-Strips (small band aids) over your incisions. Please leave them in place, as they will fall off on their own in about 7-14 days or will be removed by our staff at your next visit.

### Diet Following Surgery

- Start with bland food/ drink; if tolerated return to regular diet. Avoid acidic food/drink for 24 hours
- Drink plenty of fluids for the next 24 hours to help flush anesthesia out

### Activity Following Surgery

- For the first 24 hours after surgery only get up for meals and to use the bathroom. After 24 hours you can shower and be Up as Desired.
- No heavy lifting (greater than 10 pounds) or bending over or strenuous activity for a period of 6 weeks.
- In order to prevent blood clots, it is important for you to walk around at home a few times a day.
- Please avoid any activity that raises your heart rate or causes you to break a sweat until you have been cleared to resume your normal activities.
- Do not drive until the later of 3 days or until you have stopped taking pain medication.
- Rest and take naps as needed throughout the day. You may feel tired the first few weeks after surgery.

### Personal Care Following Surgery

- You can shower the day following surgery.
- No baths or swimming (do not submerge in water)
- Do not apply any lotions or ointments to the site of your incision

### Call the Office at (561) 406-6574 if you have any of the following:

- A fever greater than 101°F, extreme swelling, 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 puss discharge from your incision); or if you have other concerns.
- Please call 911 or go to the closest hospital Emergency Room for any life-threatening emergencies.

### Your Follow Up Visits:

- 1 week following surgery                    \_\_\_/\_\_\_/\_\_\_    \_\_\_: \_\_\_\_\_ (AM / PM)

Date \_\_\_\_\_ Time \_\_\_\_\_ AM/PM X \_\_\_\_\_

Signature (Patient/Health Care Agent/Guardian/Family Member) (If patient's consent cannot be obtained, indicate reason above.)