

AT-HOME INSTRUCTIONS **BREAST AUGMENTATION**

The following instructions will help you know what to expect in the days following your surgery. Do not hesitate to call if you have any questions or concerns.

ACTIVITIES

- Sleep in a flexed position with your head and shoulder elevated. Sleep on your back to keep pressure off your breasts. Keep pillows under your knees for the first few days.
- Driving is prohibited for 1 week. Do not drive while taking pain medication.
- Avoid heavy lifting (no more than 5 lbs) and vigorous use of your arms for the first 3 to 4 weeks after surgery.
- Smoking is prohibited. It interferes with healing.

DIET

- Resume a normal diet as tolerated.

SPECIAL INSTRUCTIONS

Follow these instructions for 3 weeks BEFORE your surgery and for another 2 weeks AFTER your surgery.

- There is absolutely NO driving while on pain medication or valium.

DO NOT TAKE ANY OF THE FOLLOWING PRODUCTS:

- Aspirin/Low Dose Aspirin
- Ibuprofen (Advil, Motrin)
- Naprosyn or Naproxen (Aleve)
- Vitamin E
- Herbals, Homeopathic Medicines or Green Tea
- Protein Supplements
- Growth Hormones

Tylenol is safe to take (if not sure about what products to take or avoid, call the office)

PAIN CONTROL

- You will receive a prescription for pain medication. Valium will also be prescribed to prevent muscle spasms.
- Use cold packs to breasts for comfort or swelling.

WOUND CARE

- You will have some swelling or bruising of the breasts. This is normal. Softening will take place over a period of months. One side may be more swollen than the opposite breast. Your breasts may also appear slightly higher on your chest; this due to swelling. Do not be concerned about the size and position of the implants because of swelling.
- You may notice a change in sensation or numbness of the nipple or breast skin secondary to swelling. This is common after surgery and should improve gradually over time.
- You may shower in 24 hours. Tub bathing is not permitted. If you have incisions under the arms, they are covered with a thin clear adhesive. Do not scratch or remove this film. DO not apply deodorant or lotions to this area.
- The incisions on your breasts may be red for at least 3 to 6 months. The color will then begin to fade.
- A surgical bra or loose fitting sports bra should be worn 24 hours a day except in the shower. Do not wear bras with underwires or tight elastic.

FOLLOW UP

- Call and make an office appointment to be seen in 1 week after your procedure. Please call us at (352)556-5248 to schedule.
- Call the office at the first sign of: excessive pain, swelling of one breast by several cup sizes, drainage with an odor from incisions, fever, chills or shortness of breath.