

INSTRUCTIONS FOLLOWING BREAST PROCEDURES

Please keep these instructions on hand for review until you are completely healed from your procedure.

Care Of The Incisions

- If you have steristrips on the incisions, leave them on until you return for your one week followup appointment; we will remove them.
- If you don't have steristrips, apply Bacitracin to sutures 2 - 3 times per day. You may clean the incisions with soap and water as needed. Do not use anything else on the suture lines.
- Avoid sun & tanning bed exposure to the incisions for 4 - 6 months and wear a good sunscreen. This decreases the risk of a noticeable scar. Be aware that heat alone, without direct sun exposure, may cause dark pigmented scars.

Medications

- Take your prescribed medications as directed. Usually taking two Tylenol will relieve any discomfort. If this is not effective, you may take the pain medication as prescribed. You will experience quite a bit more pain if the implants are placed under the muscle.
- Take your muscle spasm medication every 4-6 hours as needed. Spasms are the burning, shooting pains that you feel in your breast and nipple area.
- Eat when taking your medications to avoid nausea and vomiting. Eat a light meal the night after surgery. You may resume your regular diet on the following day.
- Do not take aspirin or aspirin-containing medications for 10 days after surgery. Other routinely taken medications may be taken as necessary.

Breast Care

- Do not massage the breasts unless we give you specific instructions to do so.
- Depending on the placement of your implants, we will instruct you on what type of bra to wear for the first month. Some patients are instructed to not wear a bra at all; others may wear a sports bra and others an unwire. We will instruct you; every patient is different.
- After one month, it is very important that you wear a good supportive bra during your awake hours, so that you decrease the chance of having to undergo a lift in the future. This is even more important if your implants are larger than 400-500 cc. Breasts implants are heavy; large breasts eventually sag. It is important that you protect your investment and take proper care of your breasts.

Activity

- When patient gets up to go to the bathroom for the first two days, make sure patient is aided to help prevent falling.
- Do not drive for 48 hours after anesthetic sedation. If you are taking pain medications, you should be very cautious driving because your reaction time will be decreased. Also your chest is sore after implants and may affect your driving reaction time. We recommend you do not drive for at least a week and take extra time and care for the first 3 weeks.
- Sleep on your back for the first couple of weeks after surgery. Moving your arms in a circular motion may decrease soreness and pain.
- You may take a shower on the day after surgery. Do not immerse or soak yourself in water, such as, bathtub, pool, lake, ocean, or hot tub.
- While there are no limitations on light pulling, pushing or lifting, do not engage in vigorous exercise or sports for at least 3 weeks. Avoid bending over, straining, or lifting heavy objects for one week.
- Most patients return to work 3 - 5 days after surgery if implants are placed above the muscle and 7-10 days if placed under the muscle.

Expectations

- The amount of swelling varies. It is usually worse in the mornings and always eventually subsides.
- The healing process is a prolonged one. Initially the breasts will look slightly high in position. This is intentional and resists the strong and inevitable pull of gravity. Final position of the breast might take a **full 6 months** to achieve.
- One breast will fall before the other and one will be high for a longer period of time.
- You may feel a small "knot" under the incision, this is the dissolvable sutures used and is normal. If a suture works to the surface after the first week, you may clip with cuticle scissors or come by the office.
- One breast will hurt more and for a longer period of time than the other. Expect some shooting, burning type of discomfort in one or both breasts for several months possibly.