

### **Breast Augmentation/Implant Reconstruction Post-operative Instructions**

- Discontinue all aspirin products or medicine that can increase your chance of bleeding two weeks prior to surgery. This includes: diet pills, all herbal medications (tumeric), flax seed oil and vitamin E.
- Dr. Patel will want to see you in the office one week after surgery.
- We will place you in a surgical bra after the procedure with fluffed gauze in the bra.
- The day after surgery you may remove the gauze and bra, and you may shower. You may wash gently with soap and water, but you may not bathe, swim, or soak. You should then put on a clean soft bra, and you no longer need gauze or padding in the bra.
- We want you to wear a soft bra with NO UNDERWIRE, 24 hours a day (including sleeping) for the first 6 weeks after surgery, removing the bra only to shower or to wash the bra. You may continue to wear the surgical bra or your own bra as long as it is the correct type. This will support the breasts while they are healing and help decrease swelling.
- You will have tape and skin glue protecting your incisions. DO NOT REMOVE. Dr. Patel will remove it for you 3 weeks after surgery. If it begins to lift up or fall off, you may trim the excess, but leave the remainder in place.
- Sleep with your head elevated and pillows behind your back for support as needed.
- You will have swelling and bruising, this is normal. Do not use ice packs on your breasts because the skin will be numb and the ice packs may actually cause an injury.
- You should try to stay active starting the first day after surgery, but limit lifting your arms above the level of your shoulders, and do not engage in heavy exercise or activity until cleared by your surgeon. No lifting anything heavier than 5 pounds.
- You may not drive until cleared by your surgeon.
- Do not apply any other creams or lotions to the skin unless instructed to do so.
- You may take Zofran as needed for nausea.
- You may start taking your pain medicine if needed 4 hours after surgery. Do not take on an empty stomach. Eat crackers or dry toast to prevent nausea.
- Please take all of your antibiotics according to the prescription. If nauseous, begin taking them the day after surgery.

- A responsible adult should remain with you during the first 24 hours after surgery.
- Call your surgeon immediately at (832) 835-1131 if you experience persistent pain not relieved with pain medication, excessive drainage or purulence, redness of the breasts, or fever >101.
- **ABSOLUTELY NO SMOKING!** Smoking will compromise the blood flow to the surgical area, which will delay the normal healing process.
- As your surgeon has explained, breast augmentation usually entails a “muscle pull” on each side of the chest. Like a pulled muscle, some tightness and pain is to be expected for the first 2-3 days. After that time soreness may persist but pain should diminish. Pain is best managed by taking your prescription pain medication for the first 2 to 3 days, then switching to motrin three times a day. **You must not take aspirin products until 2 weeks after surgery.** It can increase the risks of bleeding if taken too soon after surgery.
- After surgery, please start with sips of clear liquids and advance diet as tolerated.
- You need to start walking and taking deep breaths the day of surgery when the effects of anesthesia have worn off. This is to help prevent pneumonia and blood clot formation in the legs. Take deep breaths every hour while awake.
- Comfort and common sense will determine what is best for you. Maintain comfort by avoiding use of your chest muscles. This is done by keeping the upper arm in a relaxed position along the side of the chest. It will be uncomfortable to go from a lying to sitting position, opening bottles, raising arms, turning door knobs and the steering wheel in the car, etc. Take it easy and do not lift anything over 5 pounds for the next two weeks. Avoid vigorous exercise, yard work, vacuuming, or any other activity that requires excessive arm usage for six weeks. Do not wear tight pull over clothes the first two weeks.
- Hematoma, or bleeding inside the breast, is not common, but can occur early after surgery. When this occurs, one breast typically becomes significantly or dramatically bigger, tighter, and more painful than the other. If this occurs, notify the office immediately.
- Minor differences from one breast to the other are normal. One side is usually slightly more swollen, bruised and sore than the other side. Initially one breast may shift lower than the other and look asymmetrical due to the swelling subsiding faster on one side than the other. The breasts will even out usually over the next 6 to 8 weeks.
- Your breast implants will look high after surgery. This is because the skin and muscles are tight and need to relax and stretch to let the implant drop. Sometimes this process can take up to 3 months.



- Notify the office if you experience any of the following:
  - if one breast appears much bigger than the other.
  - a temperature above 101.5° F.
  - if you develop redness (like a sunburn) on your breast

**Please call our office, 832.835.1131, if you have any questions or problems.**

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