

### **Breast Augmentation Post-Operative Care Instructions**

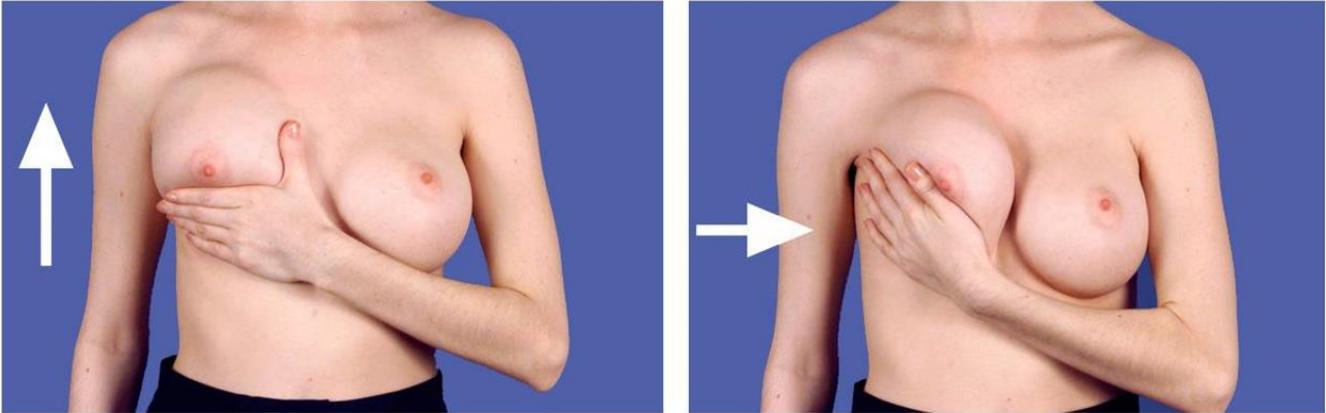
1. After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you will be weak and drowsy. You may require help the first few times you get out of bed.
2. It is important to get out of bed early and often after your surgery (with assistance) to prevent postoperative problems. Please take deep breaths frequently to keep your lungs clear (15-20 per hour.) Keep your head elevated about 30 degrees (two pillows) with the knees slightly flexed.
3. A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or Jell-O. You may start a regular diet the next day.
4. Please take the pain medication *only* if you have pain. Take it with food (crackers, Jell-O, etc) to avoid stomach upset. You will be given an anti-anxiety/muscle relaxant medication (Valium) that you may take as well to prevent aggravation of the pain cycle.
5. For the first 48 hours keep your arm movements to a minimum. Your arms should not be used to support your body or lift anything heavy. Do not push with your arms to lift yourself in bed.
6. Infrequently small drains are used to draw off any accumulating fluid after surgery. The bulb should be kept collapsed at all times. The fluid will need to be removed from the bulb twice daily or when half full. Please keep a record of what time and how much fluid is emptied from the bulb. Bring this record with you to the office appointment. Usually drains are removed 48 hours after surgery. The drains will not be removed if you have drained more than 30 cc within a 24-hour period.
7. You will have a clear skin glue dressing (Dermabond) over your incision. This will protect the incision for 7-10 days. You can shower with the Dermabond on. If you have sutures, they will be removed in 7-10 days. Apply scar cream as directed by Dr. Lee to maximize wound healing.
8. DO NOT SMOKE. This is very important.
9. You may shower 24 hours after surgery.
10. You may wear a sports bra or post-surgical bra after surgery. Dr. Lee will advise you when you may wear an underwire bra (usually 6 weeks after surgery.)
11. Strenuous activities and exercises are to be avoided until 3 weeks after surgery (heart rate should stay below 100 beats per minute). This includes sexual intercourse and sexual activity. You may gradually resume normal daily activities after 48 hours being careful to avoid any activity that causes pain or discomfort.
12. Driving may be resumed when a sharp turn of the steering wheel will not cause pain; this is usually within 5-7 days.

13. Breast implant massage should start 3-5 days after surgery. An illustration is provided and the nurse or Dr. Lee will show you how to perform these breast exercises. The importance of the breast exercises cannot be over emphasized. They help to prevent capsular contractures and promote healing of the chest muscles. You should be committed to doing these exercises on each breast three times daily for life.
14. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact or tanning booths are to be avoided and use a sunscreen with SPF of 30 with UVA and UVB protection for at least 6 months. The incision scars can be massaged with the scar therapy cream. This will promote early softening and maturation of these areas.
15. **WHAT TO EXPECT AFTER SURGERY:**
  - a. Sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.
  - b. Bruising and swelling are normal for 2-3 weeks. It will disappear over time.
  - c. You will initially feel like your implants are too high and too large. This will resolve over the first 4-6 weeks post operatively.
16. **PLEASE NOTE THESE POTENTIAL ISSUES AFTER SURGERY:**
  - a. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office.
  - b. If you develop a fever (oral temperature greater than 100°), redness and/or increased pain at the surgical incision sites, please call Dr. Lee immediately.
  - c. If you have major dental work or major surgery, please notify Dr. Lee so he can prescribe a pre-operative medication to protect your implants from possible infection.

Please note that if you have any questions, concerns or if you just are not sure about something, PLEASE contact us! There is no such thing as a minor or bad question. We would rather you contact us so that we can take appropriate measures.

## Breast Implant Exercises

These exercises help to prevent capsular contractures (the development of scar tissue around the implant) and also help promote healing. The exercises should be performed 3 times daily for the first 6 months, twice daily for the next 6 months, and then 1 time daily for life. Each breast should be pushed gently and held in position of a few seconds before release.



(One exercise includes both directions)

10 exercises 3 times daily for the first 6 months

10 exercises 2 times daily for the next 6 months

10 exercises one time daily for life