PERIOPERATIVE SERVICES

Post-Operative Instructions for Breast Augmentatio**n**

PAIN:

This is normal. Your surgeon will prescribe pain pills for you. Take as instructed if needed. For mild to moderate discomfort you may wish to take Acetaminophen or Ibuprofen. If you have worsening pain not controlled by your medication, contact your surgeon for instructions.

OPERATIVE SITE:

## Tomorrow and daily:

* You were provided with a bra to hold your dressings and give you support. Wear it every day. Use it or a soft cotton sports bra to sleep at night for the first four weeks.
* Remove the outer padding and gauze (yellow or red drainage on the dressing is normal). Keep the tapes on the incisions.
* Shower normally, then pat the tapes dry or blow them dry using hair dryer on cool setting.
* If there is drainage, cover your incision with gauze or a sanitary napkin. Put your post-op garment back on.
* The Steri-strip™ tapes will fall off in the weeks to come or may be removed by your surgeon at your follow up visit.
* Your sutures will dissolve on their own.

## Swelling and bruising:

* Swelling and bruising will peak in 2-3 days, reducing significantly over the first 2 weeks. Your skin will be slightly tight and your breasts more full during this time.
* Your breasts will settle into their more natural position over the next 3 months.
* Your incision will fade and soften over the next 18 months.

ACTIVITY:

**Do:**

* Get up and move around the day of your surgery.
* Get plenty of rest.
* Go out for short errands with a care partner.
* Use your hands and arms for light activities such as hair washing, preparing your meals, etc.
* You may return to work in 1-4 weeks depending on your occupation and type of physical exertion required.
* You may drive once you are pain free and not on any narcotic medications.
* Have a licensed adult drive you and be with you, for your first few trips.

**Do NOT:**

* Do not raise your arms fully over your head until instructed by your surgeon to do so.
* Do not exercise your arms or chest with weights or go jogging for 4 weeks.
* Swim in lakes, pools or a hot tub for at least 2 weeks, and only after your incisions have healed.

FOLLOW UP:

Your doctor will advise you when to follow up in the office.

ADDITIONAL INFORMATION:

Contact your surgeon or go to the nearest Emergency Department if you have:

Signs of infection such as:

* Elevated temperature (38ºC or 100.4ºF) and/or chills lasting more than 24 hours.
* The wound is hot, swollen and not healing and redness that spreads beyond the incision.
* Pus-like drainage from the incision, grey, yellow or green.
* New pain, getting worse after 3 - 4 days.

Signs of blood collection such as:

* Rapid breast swelling.
* Pain and firmness on one side of your chest.
* Calf pain.
* Chest pain or any difficulty breathing.

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer, and ask that your healthcare providers and visitors do the same." Clean hands save lives.