

Breast Augmentation

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

Activities

Shower daily to keep your incisions clean, starting 2 days after surgery.

It is extremely important that you do not smoke or have any form of nicotine for a minimum of 2 weeks after surgery. Smoking interferes with healing.

Continue to avoid Vitamin E and herbal medications for one week after surgery.

You may resume light activity such as walking and light lifting (up to 5 pounds) within the first few days after surgery. Check with your doctor before resuming any strenuous activity such as biking, swimming, aerobics or weightlifting (usually three weeks). Also, when returning to more vigorous exercise, start slowly and gradually work up to your daily routine.

Prescription pain medication can cause constipation. You may take an over the counter stool softener (Colace) to help alleviate these symptoms.

You may drive after you discontinue your narcotic pain medication and when you are comfortable with your mobility and use of your arms.

Wound Care

If needed, you may use gauze dressing to protect your clothing from drainage. This dressing should be changed daily.

During the first few days after surgery, keep your head and shoulders elevated to help reduce swelling. If you are not comfortable sleeping in this position, you may sleep flat. It is more important to get a good sleep.

It is normal to experience swelling and bruising of the breasts and upper abdomen. Other normal findings are:

- Discomfort in the chest and upper abdomen for two to three weeks.

- Areas of numbness on the nipples and breast skin for up to six months.

- A small amount of drainage from the incisions during the first few days.

- Redness of the surgical scars for about three to 6 months after surgery (this will slowly fade).

Follow up

Usually there are no sutures to be removed. You will be seen in follow up about 1 week after surgery. Please call your physician's office at the first sign of:

Excessive pain associated with pressure and enlargement of one or both breasts
Redness, foul drainage, or odor from the incision(s) or drain
Fever or chills
Shortness of breath

Do not hesitate to contact us if you have any questions or concerns

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