

# Breast Augmentation

## POST-OPERATIVE INSTRUCTIONS

1. Have someone drive you home after surgery and help you at home for 1-2 days.
2. Get plenty of rest.
3. Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
4. Do not drink alcohol when taking pain medications.
5. Do not smoke, as smoking delays healing and increases the risk of complications.

### ACTIVITIES:

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Do not drive until you have full range of motion with your arms.
- Restrict excessive use of arms for at least 5-7 days. No lifting above the head for 2 weeks.
- Refrain from vigorous activity and body contact sports for 6 weeks.
- Social and employment activities can be resumed in 3-10 days.

### INCISION CARE:

- You may shower after the first follow up visit.
- Avoid exposing scars to sun for at least 12 months.
- Keep steri-strips on; replace if they come off. Sutures are absorbable.
- You may pad the incisions with gauze for comfort.
- Wear bra without underwire after the first follow up visit.
- Refrain from sleeping on your stomach for 3 weeks.

### WHAT TO EXPECT:

- Expect some drainage onto the steri-strips covering the incisions.
- You are likely to feel tired for a few days, but you should be up and around in 4-5 days.
- Maximum discomfort will occur in the first few days after surgery.
- You may experience some numbness of nipples and operative areas.
- You may experience temporary soreness, tightness, swelling and bruising as well as some discomfort in the incision area.
- Most of the discoloration and swelling will subside in 4-6 weeks.
- Scars may be red and angry looking for 6 months. In time, these usually soften and fade.

## WHEN TO CALL:

- If you have excessive swelling or bruising especially in one breast much more than the other.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.

## For Medical Questions...

Please call us at (317) 325.2699 Monday-Friday, 8 a.m.- 4 p.m. For after hours and on weekends, call the hospital operator at (317) 462.5544 to have Dr. Amde paged.