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POST-OPERATIVE BREAST AUGMENTATION INSTRUCTIONS

- On the evening after surgery relax, sleep, and do not over do it. Keep your head elevated on a pillow if needed.
- The pain medication prescribed may make you feel nauseated. Eat/drink something to coat your stomach before taking it. You may also take the medication prescribed for nausea. If you experience mild itching, you may take Benadryl as directed. However, if you begin noticing a rash, call the office ASAP or go to the emergency room because you may be having an allergic reaction to the medication.
- During the first 3 days after surgery, you need to wear the sports bra at all times except for showering. After 3 days, you may wear any bra that is supportive without a definite shape or underwire. A sports bra is adequate. DO NOT wear an underwire unless you are instructed to do so. Sleep in a sports bra for a minimum of one month after surgery or longer if needed.
- It is normal to experience a sloshing sensation the first few weeks after surgery. This is not the implants; it is swelling that will eventually subside.
- If your incisions are in the **armpit**, DO NOT put on any deodorant for FIVE DAYS after surgery. DO NOT shave for ONE WEEK after surgery. DO NOT raise your arms past 90 degrees for the first week. (You may bend your arms at the elbows) After ONE WEEK, you MUST begin stretching out your arms over your head to avoid tension in the armpits.
- You may shower the day after surgery after your post op visit. The steri-strips protecting your incisions can get wet, but they CANNOT tolerate being submerged under water. No swimming, hot tubs/jacuzzi, etc. until the steri-strips are removed. If the tapes happen to fall off on their own, do not put anything back on the incisions. You may gradually trim any tape that begins to peel up from overlapping one another.
- After 10 days-two weeks the steri-strips will be removed and you can begin using Silicone Sheeting or Scar Gel on the scars or any type of scar treatment. These items can be purchased at www.cosmeticsurgerystuff.com.
- DO NOT lift anything over 10 pounds or do any physical activities for at least 2 weeks. You may begin very light exercise after 2 weeks, but nothing strenuous for at least 4 weeks. Listen to your body, if an activity causes pain, do not do it. It is best to avoid any workout that isolates the chest muscles for at least three to six months or sometimes up to a full year.
- During the first few days after surgery, you may have minor bleeding at the incision sites. You may also have bruising to the breasts and the areas around the breasts. This is normal and will resolve.
- A follow up appointment will be scheduled for the day after surgery.
- DO NOT massage your breasts unless instructed to do so.
- You may call the office phone number after hours with questions. If you need immediate medical attention call 911 or proceed to the nearest emergency room.

I hereby acknowledge receipt of post procedure instructions. I have read them and understand them.

Signature:	Date:	