

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

*If you are in need of immediate assistance after hours, please go to the nearest emergency room. For general questions or need assistance that cannot wait until the next business day, you may call the answering service and they will get in contact with Dr. Rodrigues.*

1. Please fill and pick up prescriptions and follow directions as prescribed by Dr. Rodrigues.
2. First Post-operative visits are usually made within the first 7-10 days following surgery. Please call the office to make an appointment. Instructions will be given for implant massage at the first post-operative visit.
3. In some cases, breast bands are placed at the time of surgery. These bands are to be worn at the top of the breasts to apply pressure to the implants to help them settle into place. Further instructions will be given at post-operative visits if the breast band needs to be worn for additional time.
4. Please Note: Not all patients are given a breast band. This is specific to the patient and their implant placement.
5. Watch for any active bleeding, extensive bruising, or abnormal swelling or pain, particularly if one becomes much more swollen, discolored, or painful on one side versus the other. Small differences in swelling and pain in the breasts are common. Call the office immediately if a fever, chills, fainting, or shortness of breath develop.
6. Showers are permitted 48 hours after your procedure. The top bulky bandages can be removed. Please leave the steri-strips over the incisions until your first post-operative appointment. These steri-strips may get wet in the shower, pat them dry with a towel and get back into your supportive bra. Always wash your hands before changing your dressings or touch your wounds. DO NOT immerse in bodies of water such as baths, swimming or hot tubs for 6 weeks following surgery. Bodies of water hold bacteria and can increase your risk of infection
7. Please sleep with chest elevated for the first 5-7 days. Sleeping with a couple of pillows behind the back will help alleviate pressure from the chest which can help with pain management. There is no restriction as far as sleeping position, but most patients will sleep on their back for a couple of weeks following surgery.
8. DO NOT hold animals or allow animals to sleep with you for two weeks following surgery.
9. No exercising, lifting, heavy exertion, heavy housework etc. for three weeks. Too much activity can cause excessive bleeding and/or swelling.
10. Smoking causes wound healing problems. It can cause significant breakdown of the incisions and also loss of skin. It is required for your own postoperative recovery that you do not smoke for two weeks following the surgery.
11. We encourage deep breathing. Elevating the upper body may make this easier. During the first 48 hours following surgery, swelling, cracking under the skin, and asymmetry, usually will occur. These post-operative conditions will gradually disappear. Pain is usually noted over and on the side of the breast. It is common for one breast to be more painful than the other.

*Please Note: These instructions are to be followed as a general guideline. Dr. Rodrigues will discuss with you the exact instructions he wishes you to follow after your individual surgery. If you have any questions, concerns, or need clarification of instructions, please feel free to call our office.*