

Augusta Plastic Surgery Associates
Dr. Chris Ewart
Breast Augment Post-operative Instructions

Activity: You may nap for a couple hours after arriving home. After that, you should try to eat something substantial if possible. If you feel lightheaded, which is common, it is helpful to eat something with sugar. Nausea from anesthesia will mostly be gone 3-4 hours after surgery. You may take ibuprofen after eating and then with every meal to help reduce inflammation. Raise arms above head in a very SLOW jumping jack type motion 10 times every hour. You may do basic activities around the house. You will need to move about the house to promote circulation every 3-4 hours, for example, getting up to go to the restroom or kitchen.

Dressing: You will have a sports bra in place for 48 hours after surgery. Underneath the bra will be gauze and steristrips. For the first two days, you will need to sponge bathe only, taking care not to get your dressing wet. Two days after the procedure, you may remove the bra and gauze to shower normally. Please leave the steristrips on the skin. Soap and water may run across the incisions and then you can pat this area dry. You may then wear the sports bra provided or any other sports bra you prefer. If needed, you can wash the garment at this time.

Postoperative Office Visits: Your first post-operative visit will be within 1 week of surgery. The appointment time will be given to you before you leave the surgery center. If you have any questions before the visit, please call the office.

Driving: You can drive once you have stopped your pain medication, feel comfortable in a sitting position and are able to turn the steering wheel. This is typically within about 3 days.

Exercise: You may begin light exercise after 1-2 weeks refraining from any use of the chest muscles. After 3-4 weeks, most patients can resume normal exercising. Any activity that increases pain should be stopped.

Complications: Complications are very uncommon after breast augmentation. When they do occur, they are treatable best if they are recognized and addressed immediately. Please contact us if you have foul smelling drainage, fever > 101° F, chills, an excessively swollen or tight breast, or pain that is not responding to medication.

Medications: You will usually be given pain medicine, nausea medicine, and a muscle relaxer. Most patients will take the pain medication for 2-3 days. Nausea may occur when taking the pain medication or within the first 24 hours after surgery. The muscle relaxer may help reduce breast tightness after surgery. All these medications are to be taken only on an as needed basis.

Expectations: For the first 2-4 weeks, your chest muscles will tighten and pull the implants into an unnaturally high position. It will take some time for the implants to settle. Because every patient is different, it may take 1-2 weeks or several months. Be patient, and allow your body to heal. You will be instructed on implant massage by your physician, which will begin approximately 1-2 weeks after surgery.

Scar: Your incision has been closed with absorbable sutures deep and a pull out suture at the superficial level. This will be removed at approximately 10 days. Leave the steristrips on for 2 weeks, and then you may remove. You can then apply either silicone sheeting and/or use a scar therapy treatment such as Silagen to assist with wound healing. These items can be purchased at our front desk.

Not all patients heal alike. If you have any questions or concerns during your recovery, please contact the office at 706-724-5611.