

Augusta Plastic Surgery Associates
Dr. Chris Ewart
Mastopexy/Breast Augmentation Post-Operative Instructions

Activity: You may nap for a couple hours after arriving home. After that, you should 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 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 after surgery. Underneath the bra will be gauze and steri-strips. For the first week, you will need to sponge bathe only, or take a bath with water only up to you waist, taking care not to get your dressing wet. After 72 hours, you may remove the bra and gauze to shower normally. Please leave the steri-strips 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 you 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 3-4 weeks, refraining from any use of the chest muscles. After 4-6 weeks, most patients can resume normal exercising. Any activity that increases pain should be stopped.

Complications: Complications are very uncommon after a breast lift or 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 will be closed with deep absorbable sutures. Sometimes a superficial suture will be weaved along with skin edge and will be removed approximately 10 days after surgery. Leave the steri-strips in place for 2 weeks before removing. You can then start scar therapy using silicone sheeting and/or use a scar therapy treatment, such as Silagen Silicone Gel at this time. 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.