

Breast Augmentation Post-Operative Instructions

Dr. Christopher Ewart

Activity:

You may nap for a couple hours after arriving home. After that, you should 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. For the first week after surgery, try to sleep/rest on your back. You may turn side to side after 2 weeks.

Dressing:

You will have a sports bra in place after surgery. Underneath the bra will be gauze and steri-strips. After 48 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. The compression bra should fit snug, but if you see indentations on your skin from the bra, it is too tight and needs to be loosened. You do not have to wear the bra 24/7. We would like you to wear it most of the time for the first couple of weeks, but you can take 1-2 hours breaks in between to let your skin air out.

Postoperative Office Visits:

Your first post-operative visit will be within 1- 2 weeks 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 3 weeks, refraining from any use of the chest muscles. This includes light treadmill, walking or stationary bike activity.

After 4-6 weeks, most patients can resume normal exercising. You can start doing arm exercises at this time, but avoid chest specific exercises. 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. You can take Tylenol, but do not take Tylenol with the pain medication, as it already has Tylenol in it. You can take ibuprofen 2-3 days after surgery.

Expectations:

For the first 2-4 weeks, your chest muscles may tighten and pull the implants into an unnaturally high position. It will take some time for the implants to settle. One breast may be more swollen or more painful compared to the other. It is also common for there to be rippling or puckering at the incision site right after surgery. This is temporary and not something to worry about. Another thing to keep in mind is that each person has differences between their breasts. Some are subtle, while others are obvious. Dr. Ewart will try to make the breasts as even as possible, but they will not be identical. Every patient is different and it takes months to get something close to your final results. The breasts will continue to change over the course of 6-12 months. Patience is key.

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 silicone gel or strips at this time. These items can be purchased at our front desk.

If you have any questions or concerns during your recovery,
please contact the office at 706-724-5611.