

Postoperative Augmentations Mammoplasty And/Or Mastopexy Instructions

1. Take medications as directed. **DO NOT** mix alcohol and medications. **DO NOT** take aspirin or any medications containing aspirin for two weeks. **DO NOT** smoke or be around anyone who is smoking to prevent wound break down or tissue death. If you are taking an antibiotic, be sure to finish it.
2. Report any one-sided swelling or bruising. Many patients have a small size difference between their breasts for a time after surgery. This will resolve over time. A significant collection of blood under the skin is unusual and would look as if there was an extra grapefruit in addition to the implant.
3. Wear a bra for comfort. Only purchase one or two bras in the first 6 weeks as the size will change as the swelling resolves.
4. Rest the first day and night of surgery. You must have assistance. The second day post-op you can move a little more depending on how you feel. We encourage you to move your legs and feet often to prevent dangerous blood clots in the legs. Taking big breaths and coughing will restore normal lung function after surgery.
5. Keep your elbows by your sides on the day of surgery. You should then begin raising your hands above your head so that by the fourth post-op day, your arms can be raised normally over your head.
6. If you are not taking pain medication, you may drive when you can make evasive movements without hesitation.
7. You may shower on the second day after surgery, replace the dressing as needed for drainage. If you have been instructed to wear a bra or Ace wrap, reapply this after bathing.
8. You can lift heavy objects when there is no pain. This is usually within the first ten days.
9. The swelling in the breast will resolve quickly, but will not be complete for four to six weeks. On average the breasts are 10-15% larger than they will eventually be for the first several weeks. Occasionally the breasts are different sizes until the swelling is gone. Again up to a 20% difference is normal.
10. If implants are placed below the muscle, patients have significant muscular pain for the first 7-10 days, much like that of a pulled muscle. This discomfort will be improved by time, muscle relaxants and pain medication as needed.
11. Please call our office if you have questions or concerns.
12. Call our office soon to schedule your first post-op visit on _____.