

INSTRUTIONS FOLLOWING BREAST SURGERY AUGMENTATION, IMPLANT REMOVAL OR EXCHANGE, BREAST REDUCTION AND BREAST LIFT

OVERVIEW

Breast surgery will result in localized pain and soreness. You will want to avoid any strenuous activity, lie on two pillows or a bed wedge, and keep insulated ice packs under your arms for any localized swelling. Ice should be applied via an insulated bag – 30 minutes on and 30 minutes off – for the first 24-48 hours after surgery. **DO NOT PUT ICE DIRECTLY ON YOUR CHEST OR ON ANY OF THE INCISION LINES, PLACE UNDER YOUR ARMS.**

DRESSING

Dressings are usually simple tapes. You may soak these off in the shower on the 4th day after surgery. Do not soak in a bathtub, Jacuzzi, or swim for two weeks or as long as any incisions are even slightly open. Only showers are permitted. You will be placed in a supportive bra following your surgery (**not augmentation patients.**) The bra should be worn for comfort and support for two weeks following surgery.

SUTURES and DRAINS

Most of your sutures are placed under the skin and will dissolve with time. Permanent sutures are removed at five to seven days. If drains are placed (usually only for reduction and implant removal), these will be removed on the day following your surgery. Rarely will drains be needed after the first 24 hours following surgery.

SHOWERS

You may shower the day after your surgery. After showering be sure to carefully dry your breasts, and then use a hair dryer on low setting to dry the tapes placed during surgery. Sometimes the skin on the breasts will feel dry and tight. Lotions or oils will help relieve this tight, dry feeling.

BODY POSITION

Positioning your body at a 30-degree angle with your head elevated will be the most comfortable position for two or three days. At home, this can be accomplished through the use of a wedge, reading pillow, or by stacking several pillows. In this position, you can place insulated ice packs under your arms, which may help diminish swelling and soreness. Avoid lying on your stomach (not that you will want to anyway) and keep all pressure off your incision lines.

SCARS

After the tape over the incisions has been removed, you can apply Mederma cream and massage it into the scars. The Mederma goes directly to the healing scar and will provide it with the elements it needs to mature. Scars will be sore, may sting or itch, and may be uncomfortable initially. Over time discomfort

lessens. Scars are permanent and sometimes may be unattractive. They may become raised and red. We cannot predict the quality of the scar you will have on your breast.

PAIN, PRESSURE, AND DISCOMFORT

Implant material placed under the muscle is painful. This pain, which can be quite intense, will be the worst during the first two to five days following your surgery. You will be given a muscle relaxant (Valium), and this can be used to help ease the spasms of the pectoralis muscle.

MEDICATIONS

Pain medication can be taken only after eating solid food. One tablet of Valium may be taken 2-3 hours after pain medication.

ACTIVITY AND RETURN TO WORK

Limit your lifting to less than 10 pounds and avoid repetitive arm movements. **AVOIDING VIGOROUS WORKOUTS** for three to six weeks is advised. Your discomfort will be your guide: **IF IT HURT, DON'T DO IT.** You may return to light exercise at two weeks and gradually increase as tolerated. You can return to work within 7 to 10 days. Your level of discomfort will be more if you have implants under the muscle, and this discomfort may dictate when you can go back to your normal routine.

NO TWO SIDES ARE ALIKE

We are not mirror images, where each half is exactly like the other. This breasts are rarely, if ever, completely symmetrical. They will continue to be **ASYMMETRICAL** after your surgery as well. Perceived differences may be something that you will notice as you scrutinize your results. Every effort has been made to make your breasts shapely, symmetrical, uniform, and lovely. Your anatomy will sometimes constrain our ability to obtain perfection.