

**DOTHAN PLASTIC SURGERY
105 PROFESSIONAL LANE
DOTHAN, ALABAMA 36303
334-793-3113**

L. DWIGHT BAKER, M.D.

FIRST DAY POST-OP BREAST AUGMENTATION INSTRUCTIONS

MEDICATIONS

The following prescriptions were provided to you preoperatively:

Celebrex - Anti-inflammatory to reduce discomfort.

Duricef - Antibiotic to help prevent infection. Please take up the entire prescription.

Zofran - Medication for nausea/vomiting, if needed.

Robaxin - Muscle relaxer to help reduce discomfort from muscle spasms.

Lorcet Plus - Pain medication. To be taken with food (meal or snack). If this medication is not tolerated Extra Strength Tylenol is recommended. Please do not take Advil, Aleve, or medication containing aspirin or Ibuprofen for 14 days before and 21 days (3 weeks) after surgery.

ACTIVITIES

Upper arm motion should be strictly limited for six (6) weeks after surgery. Please avoid lifting, pulling, pushing or stretching with your upper arms at shoulder level for six (6) weeks after surgery. Your arms should not be raised above shoulder level except to carefully style your hair and shower. Driving is not recommended for three days to one week. Any use of the chest muscle is to be avoided for six (6) weeks. This is to allow adequate healing time to prevent potential problems that can occur. Remember that the soreness you have will decrease considerably after a week or so, however you are still healing internally and problems can still arise.

For six (6) weeks after surgery avoid sleeping on your stomach. It is okay to sleep or lie on one side or the other for a short period of time. However, if you sleep for six to eight hours on one side, in the first six weeks, the implants may heal in a displaced position. This then might require revisional surgery to reposition them properly. Try as much as possible to avoid exercise or strenuous activities with the upper arms at the shoulder level for six (6) weeks after surgery. Also avoid high-impact aerobics, jogging, or bouncing activities for six (6) weeks after surgery. These types of activities during the first six (6) weeks after surgery can increase the chance of implant displacement and/or bleeding around the implant that may necessitate additional surgery. Wear a sports bra night and day for **two** weeks after surgery unless otherwise directed. Your sports bra must give adequate support. It should not be too tight. You may need a larger bra in the first 4 to 7 days due to swelling and then a smaller bra after that to give you adequate support. This is critically important to the final outcome of your breast surgery. You may take your sports bra off to bathe or shower only. This helps to support the implant while healing takes place and helps to minimize discomfort.

At 2 weeks post- op you will need to sleep in your sports bra for **4** more weeks (unless otherwise directed). You may also wear a **regular underwire bra with no push up effect or padding** during the day only. After 6 weeks you may wear any bra that you choose.

Breast massages need to be started five (5) days after surgery to be done four (4) times a day, five (5) sets each time. We recommend breast massage daily as long as you have the implants in, to help keep them soft and feeling natural. The massage technique will be shown to you on your first post op visit.

WOUND CARE/PRECAUTIONS

There will be paper tape left on your incision sites. You can shower/bathe the day after your surgery. Do not scrub or remove the paper tape. When the paper tape gets wet just pat it dry. These will be removed at your two-week post op visit along with your stitches being clipped.

Protect the entire breast from sun or tanning bed exposure for 3 months (90 Days) after surgery. If exposed during the first 90 days, please cover the entire skin of the breasts with sunscreen of 30 SPF or higher. Also additionally, cover with clothing or towel. There have been reports of significant skin burns to the breasts from the sun or tanning bed exposure during the first 90 days after breast augmentation.

To help minimize scarring do not expose the incision sites to UV rays (sunlight or tanning bed) for one (1) year after surgery. If you must expose your breasts to the sun or tanning bed in first one (1) year, I recommend covering them with sunscreen of 30 SPF or higher AND cover the scars with a Band-Aids, bath cloth or clothing.

COMFORT MEASURES

Soreness, pain and swelling are normal after breast augmentation surgery. For the first 48 hours use ice packs on your breasts to help minimize the swelling and discomfort. The ice packs need to be placed on the outside of your bra, not directly on the skin. The pain medication and muscle relaxant I prescribe for you are also helpful in minimizing post-op discomfort.

SIGNS AND SYMPTOMS OF PROBLEMS

Sudden, severe pain unlike the soreness that you have had since your surgery is not normal. Other signs to look for are one breast swelling considerably more than the other breast, fever, redness or warmth to touch of the breast or any drainage from the breasts. Any of these signs or symptoms would be an indication for you to notify our office.

OTHER PRECAUTIONS TO CONSIDER

Patients who require mammograms should wait 6 months after surgery before having a mammogram to allow adequate healing time and prevent displacement of implants that could require revisional surgery.

If for some reason a mammogram is indicated for a specific problem that develops after your breast surgery, the doctor recommending the mammogram should discuss this with Dr. Baker immediately to formulate the best and safest plan for your individual needs.

SUMMARY TO ACHIEVE BEST RESULTS AND HELP AVOID REVISIONAL PROCEDURES

1. Be very cautious regarding activities for six (6) weeks (42 days) after surgery.
2. Wear appropriate bra night and day for six (6) weeks after surgery.
3. Avoid sun/tanning bed exposure as recommended above for period of time recommended.
4. Call us if you have any questions.

If there are other questions or concerns, please do not hesitate to call our office, at 334-793-3113