



INSTRUCTIONS AFTER BREAST AUGMENTATION

Date of Surgery: _____ Time of Surgery: _____

Post-op appt. date: _____ Time: _____

1. You will be given a bra to wear after your procedure. You should wear this night and day, except to shower, for the first three weeks.

2. During the first few days after surgery, keep your head and shoulders elevated to help reduce swelling. If you are not comfortable sleeping in this position, you may sleep flat. It is more important to get a good night's rest.

3. Shower daily to keep your incisions clean.

4. Once you are discharged after your operation, go home and take a 2 hour nap. Wake up and try to enjoy the rest of your day. There is no need to stay in bed all day.

5. Later in the day, after your surgery, you should shower and wash your hair. Raising your arms above your head will exercise your chest muscles and reduce stiffness associated with surgery.

6. GO OUT TO DINNER, with assistance, the evening of your surgery. For example, if your operation is on a Tuesday morning, go out to dinner Tuesday night. DO NOT drive yourself.

7. If needed, you may use gauze dressing to protect your clothing from drainage. This dressing should be changed daily.

8. It is normal to experience swelling and bruising of the breasts and upper abdomen. Other normal findings are:

- Discomfort in the chest and upper abdomen for two to three weeks
- Areas of numbness on the nipples and breast skin for up to six months
- A small amount of drainage from the incisions during the first few days
- Redness of the surgical scars for about three to six months after surgery (this will slowly fade)

9. Please call your physician's office at the first sign of:

- Excessive pain associated with pressure and enlargement of one or both breasts
- Redness, foul drainage, or odor from the incision(s) or drain
- Fever or chills
- Shortness of breath

10. It is extremely important that you do not smoke or have any form of nicotine for a minimum of one to

two weeks after surgery. Smoking may delay healing. Also, continue to avoid aspirin and other anti-inflammatory medications (NSAIDS), vitamin E, and herbal medications for one week after surgery.

11. You may resume light activity such as walking and light lifting (up to five pounds) within the first few days after surgery. Check with your doctor before resuming any strenuous activity such as biking, swimming, aerobics or weightlifting (usually three weeks). Also, when returning to more vigorous exercise, start slowly and gradually work up to your daily routine.

12. You may drive after you discontinue your narcotic pain medication and when you are comfortable with your mobility and use of your arms.

13. Usually there are no sutures to be removed. You will be seen in follow up about one week after surgery.

14. Start massaging your breasts one week after surgery when all of your pain is gone. Massaging may help to keep your breasts soft.

Notes: _____

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Evenings and weekends, call the office number and ask the operator to contact Dr. Kaplan or the plastic surgery fellow on call.

**CENTER FOR RECONSTRUCTIVE
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This information is not intended to replace medical advice of your doctor or healthcare provider. Please consult your healthcare provider for advice about a specific medical condition.