



POST-SURGERY INFORMATION: BREAST AUGMENTATION

Patient Name _____ Surgery Date _____

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have good outcomes.

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms of breast augmentation and signs to watch for following breast augmentation include the following:

1. Tightness/heaviness in the chest and/or stiffness; tingling, burning or intermittent shooting pain: These are normal experiences as the skin, muscles, tissue and sensory nerves heal, and as the muscles and tissues stretch to accommodate the implants. Pain medication and muscle relaxants will help you cope with any discomfort. **Consistent sharp pain should be reported to our office immediately.**

2. Shiny skin or any itchy feeling: Swelling can cause the breasts to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling of the incisions. An antihistamine, such as Benadryl, can help to alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**

3. Bruising and swelling will mostly resolve in 2-4 weeks; however, residual swelling may persist for a longer period of time.

4. Asymmetry, the breasts look different, or heal differently. Breasts may look or feel quite different from one another in the days following surgery. This is normal; no two breasts are perfectly symmetrical in nature or following breast augmentation surgery.

OUR OFFICE SHOULD BE CONTACTED **IMMEDIATELY** IF YOU EXPERIENCE ANY OF THE FOLLOWING:

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- A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.
- Sudden onset of sharp pain
- Consistent sharp pain or any pain that cannot be controlled by your pain medication.
- Bright red skin that is hot to the touch in the surgical region.
- Excessive bleeding or fluid seeping through the incisions.
- A severely misshapen breast or bruising that is localized to one breast or region of the chest.
- Swelling or tenderness in legs

We encourage you to call us with any questions or concerns you may have. You may call us during office hours at (404) 841-8450. After 5:00 p.m., you may reach a surgeon at (404) 487-2546 *for immediate, emergent attention.*

CALL 911 FOR ANY OF THE FOLLOWING SYMPTOMS:

- Loss of consciousness.
- Shortness of breath or stops breathing altogether.
- Acute chest pain.
- Profuse, uncontrollable bleeding.

Remain calm. Speak clearly. Tell the emergency operator that you require emergency medical help. Respond directly to the questions the operator asks you. Be prepared to tell the operator and medical responders the last time the patient was given any medication and exactly how much. **Be certain to tell the operator that this is a post-surgical patient.**

YOUR RELEASE FROM THE HOSPITAL

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You will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you, around the clock in your first days home from the hospital.

- ✓ **Rest, but not bed rest:** While rest is important in the early stages of healing, equally important is that you are ambulatory: meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover. Your caregiver should walk behind or beside you in the event you become unstable or lightheaded.
- ✓ **Recline with your head and chest slightly elevated above your lower body.** This will be more comfortable and can help reduce swelling.
- ✓ **Monitor post-surgical symptoms and be alert to possible complications.** These are defined, along with the actions you should take, on pages 1-2 of this document.
- ✓ **Fluids are critical following surgery.** Stick to non-carbonated, non-alcoholic, caffeine-free, and green tea-free beverages including fruit juices and water, milk, and yogurt drinks. You must consume at least 8 ounces of fluid every 2 hours.
- ✓ **Good nutrition is important during recovery.** Stick with soft, bland, nutritious diet for the first 24 hours. Constipation and bloating are not uncommon after surgery. This can be improved by increasing fluid intake, reducing salt intake and eating foods such as bananas and bran products. Having a stool softener, such as Colace and laxative such as Miralax, at home may also help alleviate constipation. Taking prescription pain medicine with food, such as a few crackers or applesauce, will help to reduce any nausea you may experience with this medication.
- ✓ **Take all medication, exactly as prescribed.** Complete all antibiotics unless told otherwise by Dr. Ma. Use the attached POST-SURGERY MEDICATION LOG on page 9 to record the time each medication is given for each day. This will help you to remember when to take each medication.

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- ✓ **Keep incisions and dressings clean and dry.** Dressings should be left in place 24-48 hours after surgery, or until you are instructed to remove them. Your incisions will seep fluid and some blood for a short time after surgery. You may sponge bathe or shower with assistance. The gauze pads should be removed, but not the tape directly covering the incisions (if applicable). Pat dry. Fresh gauze pads should be placed over incisional areas after bathing.
- ✓ **Do not smoke.** Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery, resulting in more noticeable scars. You must not smoke, and your caregiver must not smoke anywhere near you.
- ✓ **Limit your arm use to daily activities such as brushing your teeth, eating, and combing your hair for the first few days.** Avoid vigorous arm motion that requires pushing, pulling or lifting. Check with Dr. Ma before resuming ANY exercise regimen. Typically, exercise routines may be resumed six weeks after surgery.
- ✓ **You must wear the surgical garment/support bra around the clock, as directed.**
- ✓ **You may apply a cool, not cold, compress to affected sites to alleviate discomfort, swelling or bruising.** Wrap crushed ice or ice packs in a towel before applying to skin. DO NOT apply ice or anything frozen directly to the skin. Cool compresses should be applied for no longer than 20-minute intervals. DO NOT apply heat to affected areas as this will only worsen swelling.
- ✓ **Relax.** Do not engage in any stressful activities. Do not lift your hands over your head. Do not lift anything heavier than a paperback book (i.e. nothing greater than 5 pounds). Take care of no one, and let others tend to you.
- ✓ **DO NOT drive until after your first post-operative office visit, or until you have been off of pain medication for at least 48 hours.**
- ✓ **Your first post-operative visit will be approximately 7 days after surgery.** At this time, your incisions will be checked.

Have your caregiver accompany you to your first postoperative visit scheduled for: _____

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ADDITIONAL INSTRUCTIONS FOLLOWING YOUR FIRST POST-OPERATIVE VISIT

During this time you will progress with each day that passes. Ease into your daily activities. You will receive clearance to begin driving or return to work at your post-operative visit, or within.

- **Continue to cleanse wounds as directed.** Take a warm, not hot shower. Do not take a bath. Limit your shower to 10 minutes. Do not remove any steri-strips. Do not rub your incisions.
- **Take antibiotic medications and supplements as directed.** Take pain medication and muscle relaxants only as needed. You may wish to switch from prescriptive pain medication to acetaminophen or ibuprofen.
- **Maintain daily walking.** Walking is essential every day to prevent the formation of blood clots. In addition, you may begin massaging, stretching and range of motion exercises.
- **Maintain a healthy diet. Do not smoke. Do not consume alcohol.**

TWO to FOUR WEEKS FOLLOWING SURGERY

As you resume your normal daily activities, you must continue proper care and healing.

- **Continue wound care as directed.** Your scars will be firm and pink for at least six weeks; it typically takes approximately six months to a year for the scars to fade and flatten. They never disappear completely. After your surgical tape has been removed in the office, ask about Biocorneum, or other scar creams, that you may then begin to use to help with the healing process.
- **Ease into light weight-bearing exercise (nothing more than 5 pounds for 6 weeks after surgery).** No tennis, golf, softball or other sports with similar swinging motions. Avoid aerobic exercise that may cause a lot of bounce.
- **Do not smoke.** While incisions may have sealed, smoking deprives your body of necessary oxygen that can result in poorly healed, wide, raised scars.
- **No under wires for 3 months.** You may sleep without a bra; however a camisole with built-in shelf support can be comfortable and provides added support as you continue to heal.

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- **You may sleep on your side once cleared by Dr. Ma.** If you are a side-sleeper, a soft pillow under your mid-back and shoulders may offer more comfort and support than a single pillow under your head. You may sleep on your stomach beginning at 8 weeks.
- **Practice good sun protection.** Do not expose your breasts to direct sunlight. If you are outdoors, apply at least an SPF 30 to exposed skin at least 15 minutes prior to sun exposure and reapply every 2 hours. Perform this protective regimen even on cloudy days. Your chest region and breast skin are highly susceptible to sunburn or the formation of irregular, darkened pigmentation. If possible, stay out of the sun between the hours of 10am-3pm; this is when the sun's rays are strongest.

SIX WEEKS FOLLOWING SURGERY

Healing will progress and your breasts will settle into a more final shape and position.

- **You may ease into your regular fitness routine.** However realize that your upper body may require some time to return to prior strength.
- **Discomfort/tightness, bruising and swelling will resolve.** However, each patient heals differently, so we cannot predict how long you will remain swollen.
- **No need to resume smoking.** You have now gone 10 weeks (4 weeks prior to surgery and 6 weeks following) without a cigarette. For your long-term health, there is no need to resume smoking.

YOUR FIRST YEAR

- **Practice monthly breast self exam and continue routine mammography screening every 1-2 years if you are over the age of 40, or if your physician instructs you to do so.**
- **Continue healthy nutrition, fitness and sun protection.**
- **Your scars will continue to refine.** If they become raised, red or thickened, or appear to widen, contact our office. Early intervention is important to achieving well-healed scars. After the incisions have completely healed, you can start applying pressure massage to the incisions to improve the appearance of the scars. Scars are generally refined to fine incision lines one year after surgery.
- **A one-year post surgery follow-up is required.** However, you may call our office at any time with your concerns or for needed follow-up.

Your body will change with age. The appearance of your breasts will change too. You may wish to undergo revisional surgery again in the future to help maintain your appearance throughout life. Implants typically need to be swapped out every 10-15 years, per manufacturer's instructions. Contact our office with any of your questions or concerns, at any time.



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MEDICATION LOG Patient Name: _____ Week of: _____

Administer all medication, EXACTLY as prescribed. Use this document to record the time each medication is given each day.

Antibiotic: _____ mg _____ x per day
Time/Day

Pain medication: _____ mg _____ x per day
Time/Day

Muscle relaxant: _____ mg _____ x per day
Time/Day

Other: _____ mg _____ x per day
Time/Day

Other: _____ mg _____ x per day
Time/Day

Other: _____ mg _____ x per day



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Time/Day