

## BREAST AUGMENTATION POSTOPERATIVE INSTRUCTIONS

*PLEASE NOTE: THESE INSTRUCTIONS ARE TO BE FOLLOWED AS A GENERAL GUIDELINE. DR. WARNOCK WILL DISCUSS ANY CHANGES TO THESE INSTRUCTIONS WITH YOU. IF YOU HAVE ANY PROBLEMS, QUESTIONS OR WORRIES, PLEASE FEEL FREE TO CALL OUR OFFICE (571-2020). THE OFFICE IS OPEN FROM 9:00AM TO 5:00PM, MONDAY THROUGH FRIDAY. FOR AFTER HOURS, WEEKENDS, OR HOLIDAYS CALL THE OFFICE PHONE AND ASK THE ANSWERING SERVICE TO CONTACT DR. WARNOCK. IF YOU HAVE A SERIOUS MEDICAL EMERGENCY GO TO THE EMERGENCY ROOM OR CALL 911.*

1. Fill Prescriptions. Percocet, one or two every 4-6 hours, OR Lortab, one or two every 3-4 hours as needed for pain. Phenergan one every 4-6 hours as needed for nausea. Duricef, 2 times daily for seven days to guard against infection.
2. Do not take aspirin or aspirin-like medications (Advil, Motrin, Ibuprofen, etc.) for at least two weeks after surgery. These medications can cause bleeding. If you have any questions concerning any medications, contact the office. If needed, you may take Tylenol.
3. The support strap should be worn at all times for at least 1 week. Depending on the position of your implants, you may need to wear it longer. Dr. Warnock will notify you at your one week follow up. The support strap should be positioned above the nipples. Try not to remove Steri strips (small white tapes) that are over the incisions.
4. Apply ice packs to chest for 24-48 hours postoperatively.
5. Sponge bathe for the first two days. Showers are then permitted after dressings are removed. Be sure to dry all wet areas as well as possible.
6. Watch for active bleeding, extensive bruising or abnormal swelling or pain, particularly if one breast becomes much more swollen, discolored or painful than the other. Small differences in swelling and pain are commonly seen. Call the office if a fever, chills, fainting or shortness of breath develops.
7. We will provide you with a bra postoperatively. After 3 weeks, if you wish, you may purchase a different bra. You can purchase this bra at any department store. A sample list of acceptable bras is available at our office.
8. No exercising, lifting, or heavy exertion, heavy housework, etc. for three weeks postoperatively. Too much activity can cause excessive bleeding and/or swelling.
9. Smoking causes wound healing problems. It is required that the patients **not smoke** for two weeks following any surgery.
10. You will need an appointment the day after your surgery, one week after surgery and then three months following.

*During the first 48 hours following surgery, swelling, crackling under the skin, and asymmetry may occur. These postoperative conditions will gradually disappear. Pain is usually noted under and on the side of the breast. It is commonly more painful on one side than the other.*