

## POSTOPERATIVE CARE-OUTPATIENT SURGERY BREAST AUGMENTATION

- **Your first 24 hours**

Someone should stay overnight with you.

- **Position**

During the first 3 weeks, attempt to sleep on your back instead of on your side. We want your implants to stay in a perfect position during the initial healing process. If you cannot sleep on your back, sleep in another comfortable position just not on your belly.

- **Dressings**

The bra acts like a "dressing", holding the breasts and implants in perfect position. Try to keep the "bra" even. We would like for you to wear the bra at all times for 4 weeks. Always keep your dressings as clean and dry as possible. DO NOT remove them unless instructed to do so.

- **Showering and Bathing**

You may shower the day after surgery. If you prefer to bathe, do not allow the incision lines to soak for more than a few minutes in the bath water. Leave the adhesive strips (steri-strips) on your skin. (You may take your bra off while you bathe.)

- **Suture**

The nurse will remove the sutures below your skin one week after surgery.

- **Activity**

Take it easy and pamper yourself. Try to avoid any lifting and straining for at least two weeks. Also avoid direct pressure to the chest for two weeks. You may go to the bathroom, sit and watch TV, etc. You may do normal activities at any time if they cause no pain or discomfort. Let your body tell you what you can or cannot do. We do not want you to bleed and cause any more swelling and bruising than is unavoidable.

- **Ice Packs**

COLD or ice packs help to reduce swelling, bruising and pain. Use frozen peas in the package or crush ice cubes and put the ice into a zip-lock bag. This should help, not hurt. If the ice feels too uncomfortable, do not use it as often.

- **Diet**

If you have any postoperative nausea, carbonated sodas and dry crackers may settle the stomach. If nausea is severe, please contact our office. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet.

- **Smoking**

Smoking reduces capillary flow in your skin. We advised you not to smoke at all during the first 15 days after surgery.

- **Alcohol**

Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.

- **Swelling and Pain**

Expect some discomfort. This should be relieved by your pain medication.

- **Driving**

Please do not drive for at least 2 days after general anesthesia or intravenous sedation or while taking prescription pain medication. You may in 4-6 days if you have a vehicle with power steering.

- **Exercise**

You may take gentle walks within a few days. Do not return to aerobic exercise for 6 weeks. Dr. Schantz will give you clearance to increase your activities according to the progress of your recovery.

- **Sexual Activity**

You may enjoy sexual activity as your body allows with certain restrictions. (Refer to back to activity)

- **Sun Exposure**

If fresh scars are exposed to the sun, they will tend to become darker and take longer to fade. Sunscreen can help. Take extra care and precautions if the area operated on is slightly numb---you might not "feel" sunburn developing!

- **Returning To Work**

The average person usually returns to work or to a social schedule in 1-2 weeks. However, there is considerable variation in healing and occasionally a full month is required.

- **Post Operative Appointments**

It is very important that you follow the schedule of appointments we establish after surgery.

- **Finally**

If you have excessive bleeding or pain, call the office at 859-254-5665, day or night.