



NORTHEAST PLASTIC SURGERY  
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## Breast Augmentation Post-operative Instructions

- Your post-operative appointment is scheduled for \_\_\_\_\_.
- Do not remove your dressings. Your dressings will be removed at your first post-operative visit. Keep your sports bra or garment as well as your breast stabilizer in place. The garment and stabilizer will be worn for 4-6 weeks. Do not wear an underwire bra.
- Keep your dressings dry. Sponge-bathe only until further instructed at your first post-operative visit. Most patients are able to shower following the first visit.
- You have received prescriptions for \_\_\_\_\_ as an antibiotic, \_\_\_\_\_ for muscle spasms, and \_\_\_\_\_ for pain relief. You may alternatively take Tylenol for pain relief.
- Avoid aspirin, ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol and products containing Vitamin E for 1 week following your surgery, as they result in a higher risk of bleeding. If you are taking blood thinners such as Coumadin or Lovenox, your regimen will be coordinated with your Coumadin Clinic and medical physicians.
- You may resume your pre-operative diet as tolerated.
- Restrictions are as follows:
  - You may walk as tolerated beginning the day of your surgery.
  - Do not lay flat in bed. Sleep with your head elevated on at least 2 pillows for 2 weeks. Do not lay on your sides for 6 weeks.
  - No driving for 2 weeks. You will be restricted from driving until all narcotic and muscle relaxant medications have been stopped.
  - No heavy lifting (> 5 lb) for 4 weeks.
  - No strenuous pulling or pushing for 4 weeks.
  - No vigorous upper body workout for 6 weeks.
- Please refrain from nicotine-containing products for at least 4 weeks following your surgery. Nicotine reduces circulation and can therefore result in wound healing impairment. It may also increase your risk of capsular contracture formation.
- There are a number of different modalities that can limit scar formation post-operatively. Starting 2 weeks post-operatively, we normally recommend that you utilize Epi-Derm™ Silicone Gel Strips from Biodermis™. This therapy may be purchased through [www.biodermis.com](http://www.biodermis.com). Silicone sheets should be applied overlying the healing scar for at least 12 hours daily, and ideally closer to 24 hours daily, with gentle cleansing of the scar performed once daily. An individual sheet may be re-used multiple times, with the average lifespan being 7-10 days. Alternatively, you may choose to utilize any number of silicone scar reduction gels (Kelocote®, Mederma®), and massage in a thin coat twice daily to the scar, for 2-3 months.
- Beginning 2 weeks after surgery, you should perform implant massage (implant displacement exercises) to limit the formation of capsular contracture. You will be instructed on the appropriate technique in the office. In brief, you should gently but firmly push the implant in all 4 directions (up, down, left, right), 10 pushes in each direction, 3 times each day, for 1 month. Thereafter, perform the massage in all 4 directions, 10 pushes in each direction, 1 time each day.

Please contact us with any additional questions or concerns.