

Breast Augmentation Post Operative Instructions

SPECIFIC POST OPERATIVE INSTRUCTIONS

- **BREAST MASSAGE:** Once the initial surgical pain has decreased, moving (massaging) the implants within the breast pockets may decrease the possibility of capsular contraction. The nursing staff will demonstrate how this is to be done.
- **POSITION:** During the first week, 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. This is not a "life and death" issue, however. If you cannot sleep on your back, sleep in another comfortable position.
- **ACTIVITY:** Avoid heavy lifting and straining for two weeks minimum. You may however do normal activities at any time if they cause no pain or discomfort. Let your body tell you what you can do or not do.
- **DRESSINGS:** The bra acts as a "dressing," holding the breasts and implants in perfect position. Try to keep the bra "even." If the bra feels too tight or hurts, switch immediately to any bra that feels comfortable. A bra that is too tight can cause ulceration of the skin - **YOU MUST NOT LET THIS HAPPEN!** We want you to wear a bra at all times for four weeks. After 4 weeks, you may sleep without the bra. You should not go braless during the day for 4-6 weeks after surgery. It is probably more comfortable not to wear underwire bra.
- **SHOWERING AND BATHING:** You may shower 2 days after your surgery. Tub bath is not recommended for at least 2 weeks. Leave the adhesive strips (steri-strips) on your skin. (Do take your bra off while you bathe.)
- **SUTURES:** Dr. Meeks will remove the sutures below your skin 1 week after surgery.
- **EXPOSURE TO SUNLIGHT:** Scars take at least one year to fade completely. During this time, you must protect them from the sun. Even through a bathing suit, a good deal of sunlight can reach the skin and can cause damage. Wear sunscreen with the skin-protection factor (SPF) of at least 15 at all times when in the sunshine. Be extremely careful as areas of your breast skin have reduced sensitivity.
- **EXERCISE:** You may take gentle walks within a few days. Do not run aerobic exercise for 4 weeks.
- **DRIVING:** You may drive when driving does not cause pain. This usually occurs in 4-6 days if you have a car with power steering.

LONGER TERM POSTOPERATIVE INSTRUCTIONS

- **ACTIVITY/SPORTS:** We want you to avoid straining or any aerobic activity for at least 4 weeks after surgery. This is to avoid bleeding, bruising, and swelling. Do not resume strenuous exercise for 4 weeks. Dr. Meeks will give you clearance to increase your activities according to the progress of your recovery.
- **DRIVING:** You may resume driving when you feel you are able, but wait at least 2 days after surgery. Keep in mind that you must have full use of your reflexes. If pain will inhibit them, then don't drive! **DO NOT DRIVE IF TAKING NARCOTIC PAIN MEDICATION.**
- **SEXUAL ACTIVITY:** you may enjoy sexual activity as your body allows with the following restriction: please reread Activity/Sports above and apply the same concept to sex.

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- **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 as the area operated on is slightly numb - you might not feel "sunburn" developing!
- **WORK:** Follow whatever plan you and Dr. Meeks have agreed upon.