

# Patient's Instructions

MRN \_\_\_\_\_

## POST-OPERATIVE BREAST AUGMENTATION

1. Go home and go to bed. Take it very easy for the first few days, doing as little with your arms as possible. The more you use your arms, the more swelling and bruising you will have. Keep your arms by your side and keep your elbows tucked in at your sides, making sure not to raise them past parallel.
2. You will need to sleep on your back for a minimum of three weeks. Sleeping on your side can compress the implant and lead to movement of the implant. Tuck a pillow on each side of you to remind yourself not to turn. You can sleep on your stomach when it is no longer painful to do so. Usually this is about three months.
3. Keep your support bra or dressing on for three days. On the third day you may remove it and shower. It is ok to get the incisions wet on the third day but remember to gently blot the breasts dry when you are finished. Immediately place the bra back on after the shower. Do not wear an under wire bra for the first four weeks.
4. You may have tape around the breasts. If so, leave it on until it begins to fall off by itself. This is usually four to seven days. You may remove it once it begins to roll up and loosen.
5. Do not remove the butterfly strips on the incisions themselves because there are sutures underneath them that can be pulled out. Do not remove or alter these sutures. They will be removed in seven to ten days by the doctor or the nurse.
6. It is normal to feel slightly numb on one or both breasts for the first few weeks. It is also normal to feel more pain on one side or the other. You may also feel shooting pains or mild electric shock pains for several months after the surgery.
7. You may not exercise for the first two weeks after surgery. After two weeks you may begin low impact exercise but no arm exercises for six weeks. You should not lift more than five pounds for the first three weeks as this could shift the implants and lead to additional surgery and/or unequal shaped breasts. You may drive a car after the first week as long as you are no longer taking the pain medication or valium.
8. If you experience significantly more swelling or bruising on one side or the other, or if one or both sides begin to bleed through the bra, call the office immediately. Remember that pain and muscle spasms are normal after this surgery, and the pain medication and valium is designed to lessen this, but will not remove it completely. Everyone's pain tolerance varies and you will most likely experience some amount of pain. **If you have excessive pain, swelling or bleeding please call the office (910) 235-2957.**
9. Mild constipation may occur due to changes in eating habits & medications. Use Colace or Phillips Milk of Magnesia to resolve this if necessary. Heartburn is also common after surgery. Mylanta is effective at controlling this.

**I have read, understand and agree to follow these instructions.**

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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**PINEHURST SURGICAL**

**Plastic Surgery Center**  
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