

Patient Name: _____ Date: _____

POST OPERATIVE INSTRUCTIONS AFTER BREAST AUGMENTATION

Next Appointment

Date: _____

Time: _____

1. Dressing Care

- Leave surgical bra and dressings in place until instructed.
- Drains are to remain in place, record drainage and bring sheets to office appointment.
- May shower 24 hours after drains are removed.

2. Activity Restrictions

- Avoid strenuous activity, no lifting, pushing or direct physical contact for 10-14 days.
- Do not smoke (smoking delays healing).
- Avoid sexual activity for at least 2 weeks (if there is any pain, do not continue).

3. Diet

- No restrictions on eating.

4. Medications

- Take prescribed pain medication as needed.
- DO NOT TAKE ANYTHING with aspirin or aspirin like drugs for 10 days after surgery.
- Use Tylenol for mild discomfort, for more severe pain use prescribed medication.
- Take antibiotics as directed. (Remember antibiotics may make birth control pills ineffective.)

5. What to Expect

- Pain, swelling, bruising.
- You may experience tightness and firmness.
- You may experience numbness near your incision.
- Feeling of numbness and tightness are normal and will disappear.
- You may experience a burning sensation in your nipples.
- Do not wear underwire bras until instructed.
- If pain or swelling are significantly greater on one side or the other, or if your breast becomes "hard," call the office as soon as possible.

If you have: **nausea, vomiting, dizziness, significant bleeding or pain and swelling** which increase rather than decrease, **call Dr. Olding at 202-741-3241** or the plastic surgery fellow on call at 202-715-4141.