

PERIOPERATIVE SERVICES

Post-Operative Instructions for Breast Augmentation

PAIN:

This is normal. Your Surgeon will prescribe pain pills for you. Take as instructed if needed. For mild to moderate discomfort you may wish to take Acetaminophen or Ibuprofen. If you have worsening pain not controlled by your medication, contact your Surgeon for instructions.

OPERATIVE SITE:

Tomorrow and daily:

- You were provided with a bra to hold your dressings and give you support. Wear it every day. Use it or a soft cotton sports bra to sleep at night for the first four weeks.
- Remove the outer padding and gauze (yellow or red drainage on the dressing is normal). Keep the tapes on the incisions.
- Shower normally, then pat the tapes dry or blow them dry using hair dryer on cool setting.
- If there is drainage, cover your incision with gauze or a sanitary napkin. Put your post-op garment back on.
- The steri strip tapes will fall off in the weeks to come or may be removed by your Surgeon at your follow up visit.
- Your sutures will dissolve on their own.
- Swelling and bruising will peak in 2-3 days, reducing significantly over the first 2 weeks. Your skin will be slightly tight and your breasts more full during this time.
- Your breasts will settle into their more natural position over the next 3 months.
- Your incision will fade and soften over the next 18 months.

ACTIVITY:

- Be up and moving at home. Get plenty of rest but take your meals at the table, walk to the bathroom, etc.
- In the days that follow, go out for short errands with a responsible adult.

CONTINUED ON OTHER SIDE



Queensway
Carleton Hospital

- Use your hands and arms for light activities such as hair washing, preparing your meals, etc.
- Do not raise your arms fully over your head until instructed by your Surgeon to do so.
- Do not exercise your arms or chest with weights or go jogging for 4 weeks.

Back to work

1-4 weeks depending on your occupation and type of physical exertion required

Driving

You must be pain free and off all pain medication before you drive a vehicle. Take a licensed adult with you for your first short trip.

FOLLOW UP:

Your Doctor will advise you when to follow up in the office.

ADDITIONAL INFORMATION:

- Do not swim in lakes, pools or use hot tubs for at least 2 weeks, and only after your incisions have healed.

Contact your Surgeon or go to the nearest Emergency Department if you have:

- Any signs of infection such as:
 - Chills, persistent high fever, 38°C or 100.4°F, or higher for greater than 24 hours.
 - The wound is hot, swollen and not healing and redness that spreads beyond the incision.
 - Pus-like drainage from the incision, grey, yellow or green.
 - New pain, getting worse after 3 - 4 days
- Signs of blood collection such as rapid breast swelling and firmness on one side of your chest.