



MICHAEL J. BROWN, M.D., P.L.L.C.

Aesthetic Cosmetic Plastic Surgery

Breast Augmentation Post-Operative Instructions

Diet/Medications:

- Start with sips of clear liquids and advance diet as tolerated.
- **DO NOT** take your pain pills on an **empty stomach**, or **at the same time** as your antibiotic, this will increase nausea.
- Start the antibiotic **as instructed** after surgery and continue **until it is completed**. If you are nauseous, start the antibiotic the next day.
- You may begin taking **ibuprofen one week** after surgery.

Activity/Incisions:

- You may be up and around the day of your surgery as tolerated.
- You may raise your arms as tolerated, there are no restrictions.
- Please rest with a few pillows under your head and shoulders.
- You may sponge bathe the day after surgery. The following day, you may remove your outer dressings and shower. Leave the steri-strips over the incision site. You may remove them after 10 days if they have not fallen off. **DO NOT** submerge your incision sites. **NO** lotions or oils need to be put on incisions.
- **DO NOT** drive until after your post-op visit.

What to look for:

- It is normal to have some swelling. This usually maximizes at 24-48 hours.
- If bruising occurs, generally it is around the incision site only, and subsides in a few days. It is rare to have bruising extend onto your chest.
- **Notify the office if you experience any of the following:**
 1. If one breast appears much larger than the other.
 2. A temperature above 101.5.
 3. If you develop redness on your breast (like sunburn).

After 1st follow-up appointment:

• You will have learned how to keep your implant pocket open. **The more you move your implants during the early postoperative period the better.** This will allow the implants to fall to a lower position, and soften the breast mounds. The pain will diminish everyday. Continue to work through the pain. Moving the implants will relieve the chest tightness and discomfort sooner.

• **Avoid wearing a bra** until instructed to do so. If you must wear one, **then a loose, non-underwire** bra is recommended. (sports bra)

• Increasing your heart rate too soon may cause bleeding. You may walk, but **avoid** strenuous aerobic exercise and lifting weights for **two weeks** after surgery. After that you may begin exercising when you feel you can tolerate it. It is very difficult to hurt your result, but you can make your chest tender again if you begin too soon or work out too hard. Once you begin exercising, we recommend wearing some support.

• **Sleep in any position** you like. Usually sleeping on your stomach is painful and should be avoided until you can tolerate it.

• **Avoid tanning beds or sun exposure to the incisions.**

PLEASE CALL THE OFFICE WITH ANY QUESTIONS 703-726-1175. If after hours you may reach Dr. Brown directly at his home phone number: