

**POSTOPERATIVE INSTRUCTIONS FOR BREAST AUGMENTATION**

**DIET (AFTER SURGERY) :** A small percentage of patients are nauseated; this may continue for 24 hours. For the day of the procedure, take liquids only. If you are not nauseated, you may have a soft diet in the evening, . Resume your regular diet the next day as tolerated. Do eat something before taking pain medication to lower your risk of nausea.

**ACTIVITY:**

- 1) **LIMIT** your activity to the house for the first 24 to 48 hours.
- 2) **ABSOLUTELY NO** strenuous sports (aerobics, tennis, skiing, or jogging) for six (6) weeks.
- 3) **DO NOT** reach above shoulder height, nor bend below waist level, for two (2) weeks after the surgery.
- 4) **DO NOT** lift weights exceeding twenty (20) pounds for six (6) weeks.
- 5) **YOU MAY** drive your car in three (3) days with caution, **wearing lap and shoulder seat belts.**
- 6) **YOU SHOULD** sleep on your back for one (1) week.

**CARE OF THE SURGICAL SITE:** Swelling of the breasts is normal postoperatively, and will decrease over a two to three week period. The incisions under each breast which are closed with absorbable sutures. These will be trimmed one or two weeks postoperatively. Keep your dressing dry at all times. The dressing can be removed two days after surgery.

**BRING A GOOD SUPPORT BRA** (no underwire or push-up bras) with you the day of your operation. If you take it off to wash, be certain to position your breast symmetrically. Sleep in your brassiere for two weeks. You should never make a habit of going braless during the day. You must wear your bra for 24 hours/day, for the first two weeks, following your surgery (DO NOT remove it when you sleep). Dr. Mele strongly recommends that you continue to wear a bra (without underwire) for 12 hours/day for the first six months after surgery.

**BATHING INSTRUCTIONS:** Sponge bathing until two days after surgery, and after the pain pump is removed. Then you may shower. The tapes (steri-strips) over your incisions can be pat-dried. Do not take these off. They will be addressed at you first postoperative follow-up visit.

**DISCOMFORT:** There is normally a feeling of tightness and discomfort throughout the chest area for which pain medication will be prescribed. Each day will be an improvement. You may not drink alcohol, drive or operate heavy machinery while taking your pain medication. It may cause drowsiness, and impair your judgment.

**ANESTHESIA INSTRUCTIONS:** The effect of anesthesia can persist for 24 to 48 hours. Therefore, you should limit your activity to the house for that period. In addition, you should not drink alcohol, drive or operate heavy machinery for 24-48 hours after anesthesia. Do not make important financial decisions for 48 hours.

**CALL DR. MELE AT (925) 943-6353 IF:**

- 1) You are bleeding excessively (a small amount on the dressings or bra is normal).
- 2) You have discomfort not relieved by your pain medication.
- 3) You have any signs of infection: redness, swelling of incision, drainage from incision, or fever of 101 degrees or above.
- 4) You have persistent (> 24 hours) vomiting. In this case you should also discontinue pain and antibiotic medications.

**POSTOPERATIVE BREAST EXAMINATIONS:** Resume monthly self breast examinations. Your personal physician should resume routine breast examinations annually. You should obtain a mammogram following the guidelines set forth by the American Cancer Society.

I have received a copy of and understand the above instructions. I have had them discussed with me and had the opportunity to ask questions.

Patient or Authorized Person: \_\_\_\_\_ Date: \_\_\_\_\_