

Pelosi Medical Center
BREAST AUGMENTATION
POST-OPERATIVE INSTRUCTIONS

INSTRUCTIONS

- A responsible adult must drive you home after surgery and help you at home for 1-2 days.
- Follow a balanced diet. Avoid alcohol for at least days.
- Do not smoke, as smoking delays healing and increases the risk of complications

ACTIVITIES

- Refer to section “*Recipe for Quick Recovery*” on pages 2 and 3
- Do not drive until you have full range of motion with your arms, and you are no longer taking pain medications (narcotics).
- Refrain from vigorous activity for 4 weeks. Do not apply more than 30 pounds of force to your arms for 4 weeks.
- Body contact sports should be avoided for 6-8 weeks.
- Social and employment activities can be resumed in 3-10 days.
- Breast massage is not required with this type of breast augmentation.

INCISION CARE

- Avoid shaving and roll-on deodorants for 6 weeks.
- Avoid exposing scars to the sun for at least 12 months. Use a strong sun block if sun exposure is unavoidable (SPF 50+).
- Keep steri-strips until they fall off on their own.
- Keep incisions clean and inspect daily for signs of infection. Sutures are under your skin and will eventually dissolve.
- Do not take a tub bath while sutures are in place.
- You may pad the incisions with gauze for comfort.
- Wear garments (bra, ace wrap, taping) as directed by your surgeon. Do not wear an underwire bra or any type of supporting bra until cleared to do so by your surgeon. You may wear a sports bra instead, or nipple shields and no bra.

WHAT TO EXPECT

- Expect some drainage onto the steri-strips covering the incisions.
- Maximum discomfort will occur in the first few days after surgery.
- You may experience some numbness of nipples & operative areas and a burning sensation in your nipples for about 2 weeks.
- You may experience temporary soreness, tightness, swelling and bruising in the incision area.
- Your breasts may be sensitive to stimulation for a few weeks.

APPEARANCE

- Most of the discoloration and swelling will subside in 4-6 weeks.
- Scars may be red for 6 months. In time, these usually soften and fade.

FOLLOW-UP CARE

- It is imperative that you be seen within 24-48 hours following surgery and then again on the 5th-7th post-op day.
- Continue with routine mammograms at a radiology center where technicians are experienced in the special techniques required with implants.

WHEN TO CALL THE OFFICE

- Call the office if you have any of the following: increased swelling or bruising, swelling and redness that continues after a few days; increased redness along the incision; severe or increased pain not relieved by medication; any side effects to medications (such as, rash, nausea, headache, vomiting); an oral temperature over 100.4 degrees; any yellowish or greenish drainage from the incisions or notice a foul odor; bleeding from the incisions that is difficult to control with light pressure; or loss of feeling or motion.

LONG TERM POST-OPERATIVE CARE:

- After the first 3 months, you should be seen by the surgeon 3-4 times for the first year and twice yearly for the next 5 years.
- As one ages, the breasts may tend to fall, which can often be accelerated by the weight of the implants. Some of this may be avoided by wearing a bra as often as possible, especially when doing impact-sporting activities.
- If you begin to feel that the breasts are becoming firmer, you should visit the office for a check-up any time during the first two years.

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BREAST AUGMENTATION
RECIPE FOR QUICK RECOVERY

RECIPE FOR QUICK RECOVERY
(FOR PATIENT AND CARETAKER TO READ)

The secret to a successful quick recovery lies in **COMPLIANCE**. There is a method to the madness below – please do not **DEVIATE** from these instructions and the **ORDER** in which they are listed.

ARRIVING HOME FROM SURGERY

When you leave the surgery center the time clock starts! We want you to go home and take a 2-hour nap. That is all. Wake up and get moving! No more sleeping today. You can sit down and rest, but no more napping until bedtime.

Next, make sure you eat something substantial. Crackers are not enough.

If you were going to get sick from the anesthesia, it would have already happened. Nausea usually occurs within the first 3-4 hours after surgery, which you have now peacefully slept through!

If you feel nauseous, it is usually either because you took your medicine on an empty stomach or you are not drinking enough fluids. Make sure you eat something real – whatever you are craving. Make sure that you are doing more than taking just a sip of something here and there. If you normally drink a diet coke, drink a real coke or something with sugar. We need to jump start your system.

As soon as you have eaten, take one tablet of 500 mg Naproxen by mouth; wait 30 minutes and take a shower. Wash off the purple markings on the skin from surgery and wash your hair. The shower is magic to loosen things up, help eliminate the foggy feeling from anesthesia, and washing your hair gets your arms above your head.

After the shower, blow-dry your hair (move hands up to your head), and then move your arms above your head in a slow jumping jack type motion. Extend the arms straight out from the shoulders and, keeping the arms straight, touch the back of the hands together straight above the head. When the hands touch, the biceps muscles of the upper arm should touch your ears. **You need to do a set of 5 of these arm stretches every hour on the hour until bedtime.**

The next step is most important. **GET OUT OF THE HOUSE**; in the company of an adult, go shopping or walk around the mall. Go out to dinner. Close your own car door and put on your own seat belt. A change of scenery is a wonderful thing!

Try to stay awake until at least 10:00 pm.

If you must stay home, do normal things around the house: unload the dishwasher, make dinner, or read to the kids. Most importantly, **KEEP MOVING AND DO NOT LIE DOWN OR STAY STILL.**

Remember, you cannot hurt yourself through any type of normal activities. We have NO incentive to tell you to do something that would send you back to the operating room. By moving, you will feel better faster and reduce your risk of capsular contracture and another operation! It is important that you know and understand and get moving!

BEDTIME

Around 10:00 pm, make sure you take 600mg of Gabapentin and 10mg of Cyclobenzaprine by mouth, which will help you sleep. During the night, you'll wake up when you roll onto your side, but because of the sedative effect of these medications, you'll go right back to sleep.

You can do anything you want to make yourself comfortable. That may mean more showers, or more arm movements or lying on them more than once. Whatever makes you comfortable is fine.

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POST-OP DAY 1

Get up, eat breakfast and take one 500 mg of Naproxen by mouth. Give it 30 minutes and get in a nice warm shower. In the warm shower, move your arms above your head again in a set of 5. It is hard to just hop out of bed and get your arms up – follow the recipe and you will do great.

Use the momentum you have built to get out and go do something. Walk around the mall, run errands, drive a car. We don't expect you to stop in the mall and start doing your arm exercises. But we do expect you to close your own car door, put on your own seat belt, carry a couple of shopping bags. **Normal movement is essential.**

Expect to run out of energy around midday. So plan your day so that you can stop and rest for a while. But after your nap, get up and start moving again.

You will find that the more you move, the better you feel. Treat this like a pulled muscle - yes, you feel it, but it only gets better with movement.

Expect to feel tighter and more swollen at the end of the day. That is normal and temporary.

Expect to begin to feel soreness in the ribs and lower back around the end of day one (1) or day two (2). This is simply fluid moving through the tissue. You will urinate it all out and lose the bloated feeling within five (5) to seven (7) days.

If you feel soreness in your upper back – you are tensing your shoulders into an unnatural position to cause this discomfort. Remember to stretch your shoulders forward and backward – and relax!

MEDICATION SCHEDULE

We expect you to take one tablet of 500 mg Naproxen by mouth at breakfast, and one at bedtime. If you need additional relief, you can take one tablet of 600 mg Gabapentin together with one tablet of 10mg of Cyclobenzaprine up to 3 times per day - be aware that these medications can cause drowsiness and you should not attempt to drive while taking them.

You should not take aspirin or any products containing aspirin. You should not drink alcohol when taking pain medications. Even when not taking pain medications, you should not drink alcohol for 3 weeks as it causes fluid retention.

Please call the office sometime during your day and let us know how you are doing.

The ONLY DON'T! The only limitation we request is that for two (2) weeks you not engage in strenuous aerobic type exercise that elevates the pulse and blood pressure and can cause internal bleeding. Sex is fine; olympic sex should be delayed for a couple of weeks. When returning to a normal workout or exercise schedule, start slowly, and if comfortable, increase the exercise. If uncomfortable, back off for a couple of days and start again. Common sense is important—you can't harm or cause problems by all normal activities.

FOR MEDICAL QUESTIONS, PLEASE CALL:

Dr. Pelosi III at 201-858-1800

Pelosi Medical Center at 201-858-1800, Monday- Friday, 9:00 am-5:30 pm

After office hours and on weekends, call the number above and leave a message with our answering service. Someone will get back to you right away.

Patient Signature

____/____/____
Date