

Breast Augmentation Discharge Instructions
Dr. Michele Shermak
The Plastic Surgery Center of Maryland



Diet

- May resume a regular diet.
- A diet low in fat and high in protein enables proper wound healing. In addition, consuming a diet rich in vitamins and minerals is also beneficial. Avoid salty foods. Consider taking a multivitamin.
- Drink plenty of fluids. Dehydration and dizziness is common. This can easily be avoided by consuming fluids.

Activity

- No strenuous activity for 2 weeks.
- No heavy lifting >5 lbs for 4 weeks.
- Walking encouraged. This is an important step in preventing blood clots in the legs, which is a serious condition.
- You may return to gym within one month's time to enjoy lower body workouts after 3 weeks but avoid upper body workout for 6 weeks.

Showering

- Remove gauze dressings only and shower 2 days after surgery. Leave tapes on incision intact.
- Do not submerge wounds in water (such as soaking in the bathtub). Rather, take showers and try to avoid getting the tapes wet.

Dressings/Wound Care

- Remove gauze dressings when showering and then change gauze pads daily. You may have white steri-strips over the incision (small white bandages) - do NOT remove these until your follow-up appointment.
- Wear the support bra/tube top at all times (except when showering).
- You may wash your support bra/tube top, but make sure to line dry.

Medications

- *Pain Medication:* You will have a narcotic (Tylox, Oxycodone, or Dilaudid) to help with pain relief. You can take 1-2 pills every 4-6 hours as you need for pain relief. In addition, you may have been given a prescription for Ibuprofen or Motrin. It is important to take this medication around the clock and with food. This will help with pain and swelling. Some develop constipation from pain medication. You may use over the counter colace. Maximizing fiber intake (fruit, vegetables, or fiber supplements) also helps.
- A stool softener (Colace) is recommended while taking narcotics as narcotics can lead to constipation. Maximizing fiber intake (fruit, vegetables, or fiber supplements) also helps.
- If you take any medications that may affect your bleeding (Coumadin, Lovenox, Plavix, Vit. E, Aspirin, Naprosyn, Anti-Inflammatory medications, and etc.), please discuss the appropriate time to resume taking these medications with Dr. Shermak.

Follow-Up

- Please arrange for your first followup appointment about a week after surgery.

What to Watch For and When to Call

- You can call our office at any time to speak with Ann or with Dr. Shermak if you have questions or concerns at 410.616.3000. In addition, you can also reach Dr. Shermak by email at **shermakmd@gmail.com**.
- Call if you develop a fever >101.5 degrees Fahrenheit, you note increased redness or purulent drainage at or around the incision.
- Call if you notice asymmetry in swelling of either breast or skin changes (such as the color or texture of the skin).
- Call if you develop a skin rash all over your body as this may be an allergic reaction to one of your medications.
- Seek medical attention immediately if you begin to bleed moderately or heavily from your incisions, you develop chest pain, or develop shortness of breath.

Thank you for choosing Dr. Shermak as your plastic surgeon. We look forward to continuing to care for you. Get plenty of rest and best wishes for a speedy recovery!