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**Explant: Follow up appointment schedule and general care instructions**

Follow up appointments: 1 week, 2 week, 1 month, 3 months

**Day 1-6**

Rest

Light activity, no arms overhead

Walk every 2-3 hours

Take medications as directed

**\*\*Call Dr. Stile if you notice any significant changes in appearance or experience increased discomfort**

**1 week**

First office visit - remove drains if used

Sports bra — Full time

Clean with gentle soap and water - pat dry

Light activity

No arms overhead

**2 weeks**

Second office visit

Sports bra — Full time

May shower with back turned to water. No direct water on breasts. - Gentle soap and water - pat dry

Arms may be raised overhead

Light activity, advance to light exercise — NO resistance NO weight training

Begin using scar gel or tape at week three

**1 month**

Third office visit

Sports Bra or Regular Bra - Full time

Full activity - advance to resistance exercises and weight training

Continue using scar gel one time per day for 3 months

**3 Months**

Fourth office visit - photos taken at this visit

Sports Bra or Regular Bra — Full time

Full activity



### **Cosmetic Breast Surgery: Post-operative care instructions**

After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you may be weak and drowsy. You may require help the first few times you get out of bed.

It is important to be walking early and frequently - out of bed every 2-3 hours, move your legs and ankles when in bed. Keep legs elevated, when in bed, for the first 2-3 days. Please don't cross your legs as this can increase the risk of blood clots. Please take deep breaths frequently to keep your lungs clear (15-20 per hour).

Do not smoke. This is very important.

A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or Jell-o. You may start a regular diet the next day.

Most people experience chest/muscle soreness for about 5-7 days after surgery. The pain medication and muscle relaxant we have prescribed should relieve your discomfort. You may take the pain medication every 3-4 hours as needed for the first 2-3 days after surgery for the pain and discomfort. You may take Xanax every 8 hours for the first 24-28 hours for anxiety. It is best to take pain medication with crackers, Jell-o, etc. Do not drink alcohol while taking pain medication.

It is important to refrain from any strenuous activities for the 2 weeks after surgery. Keep your heart rate below 100 beats per minute. Gradually work on pre-surgical activities beginning slowly at the second week. Avoid strenuous activity and lifting of heavier objects for 3 weeks. No lifting arms overhead for the first 2 weeks.

The sports bra must be worn at all times for 4 weeks. You may remove it only to wash it or to shower. Wash your body using wash-cloth for the first week. Showering can resume at the beginning of the second week. May shower with your back turned to water. No direct water on breasts. Wash breasts with gentle soap and water, pat dry.

All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 20 or greater for at least 6 months that has both UVA and UVB protection.

Swelling and bruising are normal following surgery. Swelling could be apparent for as long as 3 months afterwards.

\*Call Dr. Stile if you notice any significant changes in appearance or experience increased discomfort or bleeding.