



Breast Augmentation Recovery Guide

WITH DR. NICHOLAS WINGATE

Your Follow-Up Schedule

We'll monitor your healing closely during the early stages of recovery:

- Day 1: Initial post-op check
- Week 1-2: Progress assessment
- Week 6: Progress assessment
- Week 16 Result evaluation and photographs

Before Surgery

For your safety and best results, please follow these important instructions:

- Avoid aspirin, ibuprofen (Advil), NSAIDs, fish oil, and omega-3 supplements for 10 days prior to surgery - unless specifically approved by Dr. Wingate.
- Refrain from all blood-thinning medications or supplements for 1 month prior unless otherwise directed.
- Plan to have someone drive you home and assist you for the first few days of recovery.

After Surgery: What to Expect

Returning to Normal Activities

- Most patients return to desk work within one week.
- Swelling and tightness may linger, but most resume regular daily activity within 1-2 weeks.
- Light exercise can resume after clearance, with gym activity typically safe by 4-6 weeks post-op.

Garment Guidelines

- You'll leave surgery wearing either a surgical bra or a compression wrap.
- Continue wearing your surgical bra for 2-3 days, then transition to a lightly compressive sports bra (no underwire) as preferred.
- Do not wear underwire bras until cleared by Dr. Wingate (or never again!).

Managing Discomfort

- You may experience muscle tightness, which is a normal part of early healing.
- Please fill your prescribed medications prior to your surgery so they're ready when you return home.
- Most patients only require Tylenol + Advil by the second or third day.
- Rest, compression, and a calm environment will support your healing beautifully.

Showering & Bathing

- You may begin showering 48 hours after surgery.
- Avoid soaking in a tub, pool, or hot tub until cleared by Dr. Wingate.
- Use gentle, fragrance-free soap and avoid applying lotions or creams to the incision area unless advised otherwise.

Healing Timeline

Mild swelling is expected and typically resolves over several weeks to a month.

To Reduce Swelling and Promote Optimal Healing:

- Avoid strenuous activities for the first 4-6 weeks
- Wear your recommended garments as instructed
- Stay well hydrated and nourish your body with healthy foods

When to Contact Us

Please contact Wingate Plastic Surgery immediately if you experience:

- Ongoing, active bleeding

- Significant asymmetrical swelling (one side much larger than the other)
- Pain not relieved by rest, medication, or icing
- New fever or redness extending beyond the incision lines

We're honored to be part of your journey. At Wingate Plastic Surgery, our goal is to deliver exceptional results in a setting designed for your comfort, safety, and confidence. If you have questions or concerns at any time, please reach out.