

STARK ART SURGERY

BY DR. JEN STARK

BREAST AUGMENTATION POSTOPERATIVE INSTRUCTIONS

Your recovery is an essential part of your results. These guidelines are designed to support proper healing, minimize complications, and help you feel confident and comfortable in the days and weeks following your procedure.

SHOWERING

You may take your first shower approximately 48 hours after your procedure. Keep your shower brief and use warm—not hot—water. Avoid directing the water stream directly onto the surgical area. Prolonged or very hot showers early in recovery may increase swelling. If your tape becomes damp, gently dry it using a blow dryer on a cool setting until completely dry.

BOWEL CARE

Pain medications can slow bowel activity, so it is important to prevent constipation.

- Take Colace stool softener 1–2 times daily until you are no longer taking pain medication and your bowel movements have returned to normal
- If you have not had a bowel movement by the following day, you may use a Dulcolax suppository
- If needed, a Fleet enema may be used if the suppository is not effective

Staying well hydrated can also help maintain normal bowel function.

ACTIVITY AND ARM MOVEMENT

Limit upper body movement during the early healing period to protect your results.

Please avoid:

- Lifting your arms above shoulder level (above 90 degrees)
- Reaching side to side
- Pushing or pulling movements

Keep your elbows close to your sides as much as possible.

Light, slow walking is encouraged. Aim to stand and walk briefly every hour while awake to promote circulation. Short walks, such as to the restroom and back, are appropriate during the first few days.

Keep in mind that excessive activity or increased circulation during the first 7–10 days may increase the risk of bleeding.

DRESSING CARE

Your dressing type may vary. If you have Sylke tape in place, it should remain undisturbed as it supports your incisions during healing.

This tape is typically removed between 4–6 weeks after surgery or at your follow-up appointment, unless otherwise instructed by Dr. Stark.

BREAST MASSAGE

Breast massage is generally not necessary when internal scaffold support material is used, unless specifically recommended by Dr. Stark.

WHEN TO CONTACT OUR OFFICE

Please contact us promptly if you experience any of the following:

- Lifting your arms above shoulder level (above 90 degrees)
- Reaching side to side
- Pushing or pulling movements
- Fever greater than 101°F (38.3°C)
- Increasing redness, warmth, or swelling around the incision
- Drainage that is yellow, green, or foul-smelling
- Severe or worsening pain not controlled with medication
- Sudden swelling or firmness in one breast
- Persistent nausea or vomiting
- Shortness of breath or chest pain
- Excessive bleeding from the incision sites

If you believe you are experiencing a medical emergency, seek immediate medical care.

QUESTIONS OR CONCERNS

If you have any questions about your recovery, please contact our office. Our team is available 24 hours a day for urgent concerns. If you call after normal business hours, our answering service will assist you and notify your physician if necessary.