

Breast Augmentation – Post Operative Instructions

Medications

- Please refer to your medication instruction guide for further details.

Activity Guidelines

- Walk early and frequently to promote circulation. Walk for 10 minutes every hour.
- Avoid strenuous activity/exercises and keep heart rate below 100 bpm until cleared for 6 weeks.
- Avoid lifting more than 10 pounds for the recommended recovery period.

Diet

- Begin with clear liquids and advance to a light diet as tolerated.
- Resume a normal high-protein diet as advised.

Incision Care

- Keep incisions clean and dry. Wash incisions with soap and water. Cover with ABD pad and wear bra.
- You can shower in 48 hours.
- Steri-strips should remain in place until they fall off or are removed in the office.
- Avoid direct sun exposure to incisions for at least 6 months.

When to Call the Office

- Fever greater than 101°F.
- Severe or increasing pain not relieved by medication.
- Sudden asymmetrical swelling.
- Redness, warmth, drainage, or signs of infection.

Support Garment

- Wear surgical bra or non-underwire bra continuously for approximately 4 weeks unless otherwise instructed.

Arm Movement

- Limit arm movement during the first 48 hours.
- Avoid pushing, pulling, or lifting with arms during early recovery.
- Sleep with a few pillows for one week to reduce swelling.

Implant Massage

- If instructed, begin implant massage as directed to help maintain implant pocket softness.

Expected Recovery

- Temporary tightness, swelling, and changes in nipple sensation are common.
- Implants may sit high initially and settle over several weeks.
- You can return to work and drive in 1 week. You can take road trips in 2 weeks and fly on a plane in 4 weeks.