

BREAST AUGMENTATION POST OPERATIVE CARE

POST-OP:

The first 24 hours are best spent resting. You must have someone with you at all times for the first 24 hours and he/she must also read these instructions carefully. When general anesthesia is used, the tube placed in the throat may cause the throat to be sore. This is best relieved with cold liquids. The soreness disappears in a few days.

- **1 week follow up:** Steri strips will be removed, trim whiskers, refill prn, and start breast massage.
- **3 week follow up:** Start scar therapy (Bio-corneum ointment).
- **6 week follow up:** Switch to normal bra and should be cleared from restrictions.

DIET:

If you have no nausea, then you can take liquids. If liquids are tolerated, then mild, bland foods may be tried next.

ACTIVITY:

No strenuous activity is allowed for 6 weeks. When lying down be certain not to lie flat, but to elevate your head. **DO NOT RAISE YOUR ARMS, DO NOT MASSAGE OR APPLY ANY PRESSURE TO YOUR BREAST AND DO NOT LIFT ANYTHING OVER 10 LBS FOR THE NEXT 6 WEEKS.**

SHOWER:

You may begin showering one day after your surgery, but no bathing in a tub is allowed for 2 weeks.

DRESSING:

DO NOT REMOVE THE TAPE STRIPS. The steri-strips will come out by themselves after 3-6 weeks. **DO NOT USE HEATING PADS OR COLD PACKS.**

CLOTHING:

For ease in changing clothes without discomfort, wear loose sporting or jogging type clothing that fastens in the front for the first few days and on the day of surgery.

MEDICATION:

All your medications will be prescribed for you during your preoperative visit at our office. Please fill these prescriptions prior to your surgery. Take your medications as prescribed. Do not take pain medication on an empty stomach; it can cause nausea.

PROBLEMS:

If you have any problems or questions following surgery, please call Elsa at (713) 489-1630 or email Elsa@drcourtney.com

Print Name :

Signature:

Date Received: