



C O U R T N E Y  
P L A S T I C S U R G E R Y

## **BREAST AUGMENTATION / IMPLANT EXCHANGE**

**SCHEDULE** Your first follow up appointment will be 1-week post-op and we will see you again for a 1 month, 3 month, and yearly follow up. (This may vary for some patients.)

**ACTIVITY** Take it easy for the first few days following surgery. You may resume light activities at your discretion while avoiding any sort of lifting, pushing, or pulling greater than 10-15lbs. Limited range of motion. No extending arms above your head or reaching out to the sides. Most patients return to work after a long weekend if their job isn't very physical. Avoid all exercise and all aerobic activities which elevate your heart rate for the first 4 weeks. After 4 weeks you may ease back into your normal routine.

**MEDICATIONS** Do not take any of your medications on an empty stomach and take as prescribed. All pain, muscle relaxer, and anxiety medications should be spaced out by 2-3 hours. Remember not to take any Aspirin containing medications.

**BRA** After surgery you will be wrapped in an Ace bandage, which you should keep on for the first 24-36 hours. Once you remove the bandaging you can transition into the sports bra that was provided to you. No push-up or underwire for 4 weeks. Don't get sized or go bra shopping for the first 3 months. Good bra support will help your breasts maintain their shape over time.

**INCISION** You will have steri-strips over your incisions that you will remove 2 weeks post-op. We will go over this in detail at your first follow-up. All sutures are internal and dissolvable. Inspect daily for any visible signs of infection. Light bleeding from the incisions is normal. You may start using Biocorneum Scar Therapy after tapes are removed. It takes all incisions about a year to mature. No sun exposure for 12 months.

**BATHING** You may shower 24-36 hours after surgery. Shower with your back towards the water head to avoid pressure hitting directly on breasts and to keep incisions as dry as possible. It is OK if incisions get a little damp. No submerging in any water for 8 weeks.

**WHAT TO EXPECT** Initially, your breasts will sit high and tight. A mild to moderate amount of discomfort is to be expected. This will improve daily. Do not use any hot or cold compresses. It is not unusual for the two breasts to differ in how they look, feel, and settle in the early phase. Sensation changes may occur, typically this is not permanent. You may experience sharp pains, nerve tingling, or burning sensations.

**CONCERNS** Look out for excessive swelling (one breast is significantly larger than other), severe bruising, redness, fevers over 100.5, pain not controlled with medications, and excessive bleeding from incisions that is not controlled with light pressure. Don't hesitate to call our office if in doubt.

**SLEEP** Head above heart for the first 2 weeks. No side sleeping for 4 weeks. No tummy sleeping for 3 months.