Breast Augmentation – Pre- and Post-Operative Instructions

## **Please Read First**

The information on this page provides a condensed overview of key preparation and recovery guidelines for breast augmentation surgery. For complete instructions—including specific timelines, medication details, and aftercare protocols—please download the full Pre-Operative and Post-Operative instruction documents below. These serve as your primary reference for a safe and successful recovery.

## **What to Expect**

Breast augmentation is typically performed under general anesthesia and is an outpatient procedure. Full recovery varies by individual but often occurs over several weeks, with swelling and implant positioning continuing to settle over time.

## **Key Pre-Operative Guidelines (Summary)**

* **Fasting:** No food or drink (including water, mints, or gum) for 8 hours prior to surgery.
* **Transportation:** A responsible adult must drive you home and stay with you for at least 1–2 days. Rideshare services are not permitted.
* **Medications:** Discontinue aspirin, NSAIDs, and blood-thinning supplements as directed (typically 2–3 weeks prior).
* **Lifestyle Adjustments:** Cease smoking and limit alcohol intake in the weeks leading up to surgery. These steps reduce complications and support healing.
* **Day of Surgery:** Shower the night before or morning of surgery. Do not apply lotions, deodorant, or makeup. Wear loose, front-opening clothing.

## **Key Post-Operative Guidelines (Summary)**

* **Pain Management:** Use Tylenol (acetaminophen) as directed. Narcotic pain medication and anti-nausea medication may be prescribed.
* **Antibiotics:** Complete the full course, even if symptoms improve.
* **Mobility:** Begin gentle walking the day after surgery to promote circulation and reduce the risk of blood clots.
* **Lifting & Activity:** Avoid lifting over 5 lbs, vigorous activity, or overhead arm movements for at least 4–6 weeks.
* **Sleep Position:** Sleep on your back with your upper body slightly elevated for at least one week post-surgery.
* **Showering:** You may resume showering the day after surgery unless otherwise instructed. Do not submerge the incision in water until fully healed.
* **Support Garments:** A compression bra or non-underwire bralette is typically required for the first 4–6 weeks.
* **Sensory Changes:** Temporary numbness or sensitivity is common and typically resolves over time.
* **Implant Settling:** Implants will initially appear high and firm; final positioning may take several months.

## **Follow-Up and Support**

* **Urgent Concerns:** Contact our office if you experience significant redness, warmth, drainage, fever over 101°F, or persistent pain unrelieved by medication.
* **Emergency Situations:** For difficulty breathing or chest pain, call 911 or go to the nearest emergency room.
* **Ongoing Communication:**
  + For non-urgent questions, please email clinicalrn@drshimching.com.
  + For urgent matters, contact the office directly from 9am - 5pm @ (808) 585-8855 or
  + For urgent matters that occur after-hours, please use the physician exchange @ (808) 524-2575.
* **Appointments:** Follow-up visits are essential to ensure proper healing and address any concerns. Attend all scheduled appointments unless advised otherwise.

## **Download Complete Instructions**

For full details on medication guidelines, wound care, return to activity, and recovery milestones, please download both documents below:

* [**Download Breast Augmentation Pre & Post-Operative Instructions (PDF)**]

## **Optional Supplies**

You may consider the following items to support your recovery:

* Compression Bra or Wireless Bralette
* Scar Gel (for minimizing visible scarring) available at Asia Pacific Surgery.