

## BREAST AUGMENTATION POSTOPERATIVE INSTRUCTIONS

**The evening of the surgery:** Undisturbed rest is the most important thing the first night. Try to group nursing activities together when you are awake (medication, bathroom, etc.) If you are asleep, you do not need to be awakened for medications.

**Avoiding nausea:** Always eat something before taking pain medications or antibiotics. Keep foods light the day of surgery, avoiding heavy or greasy foods. Suggestions include soups, crackers, toast, yogurt, milk shakes, cereal, oatmeal, mashed potatoes, and scrambled eggs.

**Antibiotics:** The first dose will have been given during surgery. Take your first pill tonight (about six hours after you leave the office). Then the antibiotic should be given approximately every six hours until they are gone (two days).

**The day following surgery:** The most important thing this day is getting up, walking around, and beginning to gently move your arms and shoulders.

**First Shower:** You may shower the second day after surgery. Remove the bandeau (see below) and bra. If there are gauze pads simply discard them. Remove any dressings down to bare skin and incision. You may shower over the exposed incision without any danger. Remember that the implants will appear too high initially. There will be some asymmetry both of size and of bruising (both amount and location) and that is normal. After showering simply replace the bra and bandeau. No specific ointment is necessary over the incision for irritation; however, a gauze pad or a maxi pad should be inserted between the incision and the bra to protect the incision from irritation.

**The Bandeau:** The bandeau is the breast harness that goes around your chest below the breasts and across the top of the breasts. The purpose is to keep the implants seated appropriately. The muscle spasms will want to drive the implants upward and outward and we want them down and in, hence the bandeau. Some patients will not need a bandeau, so if you do not have one, don't worry. We have not forgotten to give you one. It actually is two pieces: a piece that goes around the chest under the breast and hooks in the back, and an elasticized strap which goes across the top of the breasts from one Velcro patch to another. It can be removed as one-piece by simply unlocking the strap in the back and removing only one Velcro attachment. Before removing, mark with a pen where the strap attaches to the Velcro patch so that when you replace the bandeau, you can regain the same tension.

Even though the bandeau is uncomfortable, it is important that it be worn almost all the time for two weeks. It can be removed for the shower, then for 15-20 minutes now and again for comfort, and for a dinner out every once in a while. Otherwise it should be worn all the time.

**Activity:** After a day or two, you will want to become more active. Do not be afraid that you will cause any harm. If you use pain as a guide, nothing bad will happen. If something is very painful, you should not do it. Keep in mind that the muscle under which we have placed the implant is connected to your upper arm. So anything that requires heavy lifting or excessive/extreme arm movement is likely to be more painful. Anything within reason is okay. If you are not sure, begin the activity in a limited fashion and increase the activity slowly as you are able.

**Medications:** After about two or three days, begin the process of weaning off of narcotics during the daytime. Substitute either Tylenol or Motrin (an appropriate dose for this level of pain is 800 milligrams). At this time you should probably continue taking nighttime narcotics to help you sleep. After 5-6 days, you can begin the process of weaning from nighttime narcotics as well. Depending on the degree of muscle spasm that is present, some individuals find that the Flexeril can be just as helpful as the narcotics in terms of pain relief, especially at night. Keep in mind, that Flexeril can make some people very drowsy. This is a good idea at night (and some people use it for a couple weeks for that purpose), but it is not a good idea during the daytime particularly if you are going to be driving.

**Constipation:** Constipation is a very common problem even if you have taken the stool softeners. And it is pretty uncomfortable. If you have not had a bowel movement by the third day following surgery, go to the drugstore and get a couple of Dulcolax<sup>®</sup> suppositories. Do not get the pills as they do not help. The suppository usually works in a couple of hours, so do not take it before you go to bed. If one does not work, take a second. If there is still no result, call our office for further instructions.

**Follow-up Appointment:** Call the office Monday and an appointment for either Tuesday or Wednesday will be made for you.

If you have any questions or concerns, call the office during business hours at 843-797-0440 or the answering service after hours at 843-724-5441.

**RELEASE FOR POSTOPERATIVE HOMECARE INSTRUCTIONS**

I, \_\_\_\_\_, have been given and understand the postoperative home care instructions regarding patient, \_\_\_\_\_.

**CAREGIVER SIGNATURE:** \_\_\_\_\_

**WITNESS:** \_\_\_\_\_