

POST-OPERATIVE INSTRUCTIONS FOR BREAST AUGMENTATION/LIFT SURGERY

- A responsible adult must provide transportation for you after surgery (public transportation is not permissible). Do not drive for 24 hours after surgery or while you are taking pain medication.
- A responsible adult must stay with you after your surgery and overnight until the morning following the procedure. If you are having several procedures, you may need or prefer assistance for 1-2 days following your procedure.
- Avoid making major decisions or participating in activities that require judgment for 24 hours after surgery.
- Take all medications as instructed post operatively.
- During this time, please visit <http://www.mentorwllc.com/global-us/WarrantyInformation.aspx>
- Use the serial numbers on your implant card to enroll in the warranty. The cost for the extended warranty is \$300 .
- No smoking 4 weeks before and after surgery
- Wash your face, hair and the body the day of surgery before coming to the office, with antibacterial soap
- Do not wear makeup, jewelry, lash extensions and contact lenses

Activities

- You are encouraged to walk around the house on the day of surgery and thereafter. This helps to prevent blood clots from developing in the legs.
- Move/pump your legs frequently while lying down. This also helps in preventing blood clots from developing.
- Resume activities slowly. You may feel tired for the first few days.
- Please walk immediately after your surgery to prevent blood clots. Walk three times a day including the day of your surgery.
- Resume sexual activity as comfort permits, usually 2-3 weeks postoperatively.
- No exercise for 2 weeks. At 2 weeks you can start to exercise but no impact or upper body. Stair workouts or incline walking are ideal. After 4 weeks you can start impact workouts such as jogging but use your body as a guide. If it hurts, take a day off. At 6 weeks you may resume upper body workouts. Again, use your body as a guide.
- When you do resume exercise, you should wear a tight, supportive sport bra to minimize bounce and droop of the breasts.

- Do not lift anything more 8lbs for 6 weeks.
- Drink plenty of fluids (8-10 glasses/day) for the first week to keep well hydrated.
- You may or may not have a bra on when you come out of surgery.
 - If you have a surgical bra on when you come out of surgery, please wear this bra for 3 weeks postoperatively; this provides additional support as the breasts heal. This bra may be removed to be washed during the first three weeks, but otherwise should be worn constantly.

What to Expect

- Expect to have some incisional discomfort for the first 24 hours after surgery. Take your pain medication before your pain becomes severe.
- You may resume most restricted medications after one week from the time of surgery. Ibuprofen may be resumed 6 hours after the operation..
- Some bruising and swelling is normal. It is expected to take between 3-6 months to see your final results.
- Avoid direct sunlight to the incision for at least 1 year. Use a sunscreen with zinc oxide with an SPF of 20 or greater to help decrease the visibility of the scar.

Incision Care

- You will have a steri strips (adhesive bandage) in place over your incision. Please keep your dressing clean and dry.
- On post operative after 24 hours you may take a full shower. It is okay to get the steri strips wet at this point, but do not remove them. You can gently pat yourself dry with a towel or use a blow dryer (cool setting) to dry the steri strips.
- It is not unusual to hear a squeaking sound after augmentation surgery. This is caused by pockets of air around the breast implant. As this air escapes, the sound will resolve.
- Tape blisters can happen. This is normal and will resolve.

CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degrees F or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and/or foul drainage from incision area.
- Persistent nausea and/or vomiting.
- Any other concerns.
- If you have not urinated after 6 hours of being home from surgery, please contact our office.

- **If you do need to seek emergency medical attention during recovery or should need to visit the hospital, visit your nearest emergency room or St. Johns Hospital 2121 Santa Monica Blvd, Santa Monica, CA 90401**