



## Post-Operative Instructions for Breast Augmentation

Congratulations on your recent surgery! Here are detailed post-operative instructions to help you recover smoothly and achieve the best results. Please read carefully and follow all steps, as they will support your healing process.

### 1. Rest and Activity

- **Take It Easy:** Rest is crucial in the first 48 hours after surgery. Plan to relax with minimal movement.
- **Avoid Lifting and Strenuous Activity:** Avoid lifting anything over 5 pounds, vigorous exercise, or raising your arms above your shoulders for at least 2–3 weeks. Gradually resume normal activities only as instructed by your surgeon.
- **Walking:** Light walking is encouraged to improve circulation and reduce the risk of blood clots. Short walks around the house are ideal, especially during the first week.

### 2. Pain Management

- **Medication:** Take prescribed pain medications as directed. Over-the-counter medications like acetaminophen can help if pain persists after prescription medication is no longer necessary. Avoid ibuprofen or aspirin unless approved, as these may increase bleeding.
- **Cold Compress:** Applying a cold compress around (not directly on) the surgical area can help reduce swelling and discomfort. Apply for 10–15 minutes per hour during the first 48 hours, as needed.

### 3. Dressings and Incision Care

- **Surgical Dressings:** Keep your surgical dressings clean and dry. Do not remove any bandages unless instructed by your surgeon.
- **Showering:** Avoid showering for at least 48 hours post-surgery or until your surgeon gives you the go-ahead. Use a sponge bath method if necessary. When cleared to shower, be gentle and pat the incision areas dry afterward.
- **Avoid Submerging Incisions:** Do not soak in baths, hot tubs, or pools for at least 4–6 weeks or until fully healed.

### 4. Post-Surgical Bra and Clothing

- **Wear Your Surgical Bra:** Wear the surgical or support bra provided by your surgeon around the clock for the recommended period, usually 4–6 weeks. This helps support healing and improve comfort.
- **Avoid Underwire Bras:** Refrain from wearing underwire bras until cleared by your surgeon, as they can irritate incision sites.

### 5. Swelling and Bruising

- **Expect Swelling and Bruising:** Moderate swelling and bruising are normal and should subside within a few weeks. Swelling may take several months to completely disappear, especially with submuscular placement.
- **Positioning:** Sleep on your back, with your head and chest slightly elevated for the first few weeks. This positioning helps reduce swelling and pressure on the chest.

### 6. Watch for Warning Signs

Contact your surgeon immediately if you notice any of the following:

- **Excessive Swelling, Bruising, or Bleeding:** Some swelling and bruising are expected, but excessive symptoms could indicate complications.
- **Fever Over 101°F (38°C):** This could indicate an infection.
- **Severe Pain or Chest Tightness:** Persistent, intense pain, difficulty breathing, or chest tightness should be reported immediately.
- **Unusual Discharge:** Any greenish or foul-smelling drainage from the incision site may indicate infection.

## 7. Diet and Hydration

- **Hydrate:** Drink plenty of water to stay hydrated, especially if you are taking pain medication, which can be dehydrating.
- **Diet:** Eat a balanced, nutritious diet to support healing. High-fiber foods can help prevent constipation, which can be a side effect of pain medications.

## 8. Follow-Up Appointments

- **Attend All Follow-Up Visits:** It's essential to attend all scheduled follow-up appointments so your surgeon can monitor your healing progress.
- **Questions:** Bring up any concerns, questions, or unusual symptoms during your visits.

**If you have any questions or concerns between appointments, do not hesitate to contact our office at 682-285-4575. We're here to support you every step of the way!**

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