

## **Breast Augmentation Surgery**

### **Before Your Surgery:**

- Do not take any aspirin, Advil or any medication containing aspirin for two weeks before and two weeks after your surgery. Drugs containing aspirin include: Anacin, Bufferin, Excedrin, Midol, Fiorinal, Percodan, Alka Seltzer and numerous others. Check with your pharmacist if you have questions about blood thinning medications.
- Wear comfortable, loose clothes and a button-up shirt the day of surgery.
- Do not wear any body lotion the day of surgery.
- No smoking, alcohol or Nicorette Gum for three weeks before and after surgery.
- Stop birth control pills or estrogen replacement three weeks before surgery as they increase the risk of blood clots.

### **After Your Surgery:**

- A heaviness or pressure in the chest area is normal after insertion of breast implants. This feeling should subside after a few days.
- You will be sent home in a stretchy support bra/vest after surgery. Do not remove it until after your first post-operative visit. You will wear this bra until the doctor approves a sports bra which will be in approximately two weeks.
- Your breasts may feel hard and sore. This is attributed to post-operative swelling. The “hardness” will dissipate within the next couple of weeks.
- No traveling via airplane for three weeks after surgery due to increased atmospheric pressure and risk of swelling of the breast.

### **What To Do:**

- Rest at home with minimal activity for 48 hours. No physical exertion, bending, carrying heavy objects, upper body exercise or aerobics for 4 – 6 weeks.
- There will be tape over your incision line. Do not remove the tape. It will be removed by your doctor or assistant.
- Do not get the area wet until after the first post-operative visit.
- Medication will be prescribed for discomfort.
- Antibiotics will be prescribed and should be taken until completely finished.
- Your implants will be high on your chest area until the muscle relaxes. This may take 4 – 8 weeks and one side may “drop” sooner than the other. The doctor may give you a breast wrap to wear at the top of your breasts to help facilitate this process.
- The doctor will tell you the day of surgery when he would like to see you again for your first post-operative visit.
- No underwire bras for 6 weeks post-surgery.

Sign: \_\_\_\_\_ Date: \_\_\_\_\_

Please review this information provided to help in the aid of prepping you pre & post operatively. The doctor and the doctor’s assistant will be at your pre-op to answer any questions you have. At your pre-op the doctor’s assistant will have a copy of this form for you to sign for our records.