# POST-OP INSTRUCTIONS

## BREAST AUGMENTATION

# TABLE OF CONTENTS


| TOPIC | PAGE |
|---|---|
| Medications | 2 |
| Showering | 3 |
| Wound Care | 4 |
| Diet | 5 |
| Exercise | 6 |
| Sleeping | 7 |
| Other FAQs | 8 |
| Post Anesthesia | 9 |
| When to call... | 10 |
| Next Appointment | 11 |


Congratulations! We are so happy you selected Longwood Plastic Surgery to help you in achieving comfort and confidence in your own skin.

Many patients often have questions following their procedure and this guide is here to serve as an answer key.

As always, please don't hesitate to reach out with additional questions or concerns

# MEDICATION

You may resume any medication taken prior to surgery

**You may begin taking NSAIDS (Motrin, Advil, Ibuprofen, or Aleve) in ___ hours**

**If you have been prescribed Toradol (Ketorolac) do not take any additional NSAIDS**

**You have been prescribed**

**_____**

**Take narcotic pain medication as directed**

DON'T TAKE PAIN MEDICATION ON AN EMPTY STOMACH

If you are taking Vicodin or Percocet, do not take additional Tylenol

## Scopolamine Patch

You may keep your patch on for up to 72 hours

If you are not nauseous, you may remove the patch tomorrow

**Common side effects:**

Drowsiness, dry mouth/eyes, restlessness, skin rashes

**More severe reactions:**

Blurry vision, confusion, dizziness, irregular heartbeat

**In this case, REMOVE PATCH and notify your doctor**

# SHOWERING

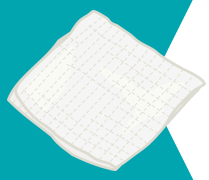
## YOU MAY SHOWER IN _____

You may remove your dressings in 48 hours

**Do NOT bathe, swim, or submerge your incisions until authorized by your surgeon**

### TIPS AND TRICKS FOR A SUCCESSFUL SHOWER

- Ensure an adult is home and aware you are showering in case you feel faint or need assistance (don't lock the door)
- Remove any surgical garments or dressings
- Don't make your shower too hot; comfortably warm water is ideal
- Step into the shower with your body facing away from the surgical site – if you are comfortable, you can turn (some patients find the water hitting the site directly to be painful)
- Unless instructed by your surgeon, use your typical soap – it's okay if soap runs into the incisions, but do not rub in or scrub incisions
- Avoid taking a long shower
- When done, pat the area dry with a clean towel
- Reapply fresh dressings

# WOUND CARE 

It's important to take care of your incisions and wounds so that they heal correctly!

**You may see a small amount of blood/drainage on the gauze over your incisions (this is normal)**

You may remove the dressings in 48 hours

**Wear a supportive post-op bra day and night for 2 weeks (remove to shower)**

This bra will ensure that your breasts and implants are held in an ideal position

- **If the bra feels too tight, you may switch to any bra that feels comfortable (avoid underwire or push-up for first 6 weeks)**
- **After 2 weeks you may sleep without the bra**

**Avoid cold/ice packs and heating pads**

# DIET

**If you are not nauseated, gradually resume your normal diet**

**Starting out with liquids and light (low-fat) meals**

If you were prescribed narcotics for pain control, it is common to struggle with constipation
To alleviate these symptoms, focus on a **fiber-rich diet**

Examples of fiber-rich foods:

OATS

LEAFY GREENS

BERRIES

DRIED PRUNES

**Don’t forget to stay hydrated!**

# EXERCISE

**No strenuous activity**

Walking and stair-climbing are OK

**No lifting more than 10 lbs for 2 weeks**

**No jiggling/up-down movement!**

**Wait for clearance from your surgeon before you increase ANY activity level (i.e workout classes, yoga, pilates)**

Although it's understandable to want to get moving, don't push yourself too hard; allow your body time to heal!

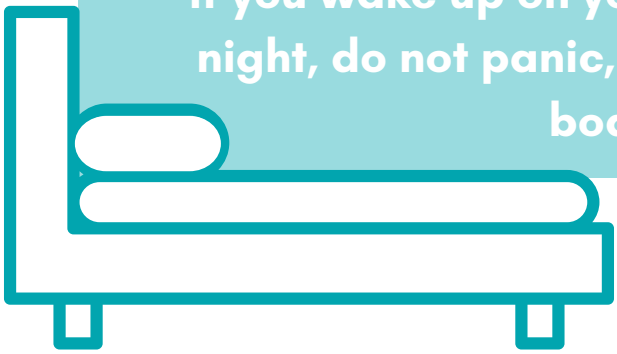
# SLEEPING

**For at least the first week after surgery, try to sleep on your back instead of your side**

**This will help the implants stay in a perfect position during the initial healing process**

If you cannot sleep on your back, talk to a nurse or doctor to find a comfortable alternative position – it is more important to get good sleep

**If you wake up on your side during the night, do not panic, just readjust your body**



**Avoid cold/ice packs and heating pads**

# COMMON FAQs

Do not drive for at least 2 days after anesthesia

Some **asymmetry** is normal between the two sides - one breast may be more bruised, swollen, or painful

Any significant asymmetry is not typical. Your surgeon should be notified and an appointment should be set up for further evaluation

**Do not drive while taking pain medications**

Resume driving when it no longer causes pain (usually 6-7 days)

If you have additional questions, please call our office

longwoodplasticsurgery (617) 383-6250 www.lpsmd.com

# POST-ANESTHESIA

**You may be sleepy for the next 12-24 hours. Go home and rest immediately. Fatigue may persist for 24-48 hours.**

24 hours after you should not drive, operate heavy machinery, or do anything requiring concentration or precision

Headache, soreness, and stiffness is common and may persist for several days

If you are unable to urinate after 8 hours, call your surgeon

When you notice an appetite, start with fluids like soup or jello and slowly advance to typical meals

It is **VERY IMPORTANT** to take steps to ensure normal breathing function like coughing and deep breathing. Don't be afraid to breathe normally because of perceived discomfort.
Not expanding your lungs fully can cause normal secretions to remain in the lung and cause pnuemonia

# WHEN TO CALL...

- **Persistent bleeding that does not stop with direct pressure**
- **Signs and symptoms of infection → redness, swelling, drainage that looks like pus, hot to the touch, or fever of over 101 degrees F**
- **Persistent vomiting**
- **Trouble urinating**
- **Shortness of breath or pain when breathing**

**(617) 383-6250**

# NEXT STEPS

Your follow up appointment will be_____

If an appointment is not already made, call **617-383-6250** to make an appointment

**ONCE AGAIN, THANK YOU FOR CHOOSING LONGWOOD PLASTIC SURGERY**

## DO NOT HESITATE TO REACH OUT