

# RICHMOND PLASTIC SURGEONS

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## BREAST AUGMENTATION / IMPLANT POST-OPERATIVE INSTRUCTIONS

**SURGICAL BRA:** You may be in a surgical bra following the procedure. This bra, or another soft, front-fastening sports bra (with no underwire) should be worn at all times except when showering for the first two weeks. You may wash the surgical bra if it gets soiled, but allow it to air-dry, do not place it in the dryer.

**BANDAGES:** If any bandages were placed during your surgery, they may be removed the day after surgery. There may be a small amount of oozing from the incisions for the first day or two. This is normal. You may replace gauze bandages or pads as needed if this occurs. If drainage is significant or persistent, please call the office. If there is no spotting or drainage, then you do not need to place any more bandages. You may use ice/cold packs on your breasts if you wish, as long as they are wrapped in a towel so that the ice is not in direct contact with your skin, but **DO NOT** use a heating pad under any circumstances.

**SWELLING:** Mild to moderate swelling is normal after surgery and will usually resolve over a couple weeks. Excessive swelling, to the point where one side is much bigger and more obvious than the other side, is not normal, and may be a sign of bleeding underneath the skin. If excessive swelling occurs, it is usually within the first 24 hours after surgery. You should call your surgeon or the on-call doctor immediately if you experience excessive swelling.

**ACTIVITY:** Take it easy for the first several days. No cleaning, housework, or strenuous activity. Do not lift anything over 10 pounds, including children. You may resume non-vigorous activities at two weeks, then normal activities at four weeks. You should avoid bench pressing or “pec deck” exercises if your implant(s) is (are) under the pectoralis muscle.

**BATHING:** You may shower one day after surgery. No tub baths, hot tubs, or swimming for one week. Remove any gauze or other bandages before showering. Your incisions will usually be covered with skin glue. This can get wet in the shower. Simply pat everything dry after the shower. Skin glue will usually fall off on its own, but you may scrub it in the shower or peel it off starting one week after your surgery.

**IMPLANT MASSAGE:** Beginning one week after surgery, press gently but firmly with the flat of your hand against the implant, holding for 10 seconds. Do this in each direction: up, down, right, and left. Repeat the massage three times daily. This should be done for the first month and can be continued forever if you wish. This may help to avoid firm scar tissue around the implant, called “capsular contracture.”

**MEDICATION:** You will receive prescriptions for an antibiotic and pain medication. Take the antibiotic until it is finished, and the pain medication as needed according to the directions. Do not drive while taking narcotic pain medication. Avoid aspirin for two weeks after surgery. You may take non-steroidal anti-inflammatories (e.g. ibuprofen) starting the day of surgery. Ibuprofen can be taken instead of, or in addition to, your prescription pain medication, according to the directions on the bottle.

**PHARMACY:** Your prescriptions were sent electronically to the following pharmacy: \_\_\_\_\_

### FOLLOW-UP APPOINTMENT:

( ) Your appointment is scheduled for \_\_\_\_\_.

West Creek Office of Richmond Plastic Surgeons  
1630 Wilkes Ridge Parkway, Suite 201  
Richmond, Virginia 23233

Midlothian Office of Richmond Plastic Surgeons  
14401 Sommerville Court  
Midlothian, Virginia 23113

( ) Please call **804-285-4115** to schedule an appointment for \_\_\_\_\_.