

AUSTIN G. HAYES, M.D.
Board-Certified Plastic Surgeon

Postoperative Instructions – Breast Augmentation

Be certain to read these instructions carefully prior to your surgery and follow them closely.

MEDICATIONS

Have all medications prescribed by Dr. Hayes filled prior to your surgery date.

The following medication(s) should be taken regularly:

Ibuprofen	400-800mg	Every 8 hours as needed	x 5-7 days	PAIN CONTROL
Tylenol	500-1,000mg	Every 6 hours as needed	x 5-7 days	PAIN CONTROL

IMMEDIATELY AFTER SURGERY

- 2-hr nap on arrival home, then out of bed and into hot shower for 20 min.
- Get dressed after the shower. Do not lie in bed.
- Pain Meds: Take 400 - 800mg of Ibuprofen every 8 hrs for pain control AND 500-1,000mg of Tylenol every 6 hrs, if you are still experiencing discomfort then take prescription pain medication as instructed.
- Norco (Hydrocodone/Tylenol) contains Tylenol, so do NOT take additional Tylenol if using Norco (Hydrocodone/Tylenol).
- Do NOT apply ice to surgical area.

GENERAL INSTRUCTIONS

- Contact the office immediately should you develop any sudden pain, swelling or fever.
- Avoid sleeping on your stomach for at least 8 weeks postoperatively.
- Leave Band-Aid gel strip in place. Dr. Hayes will remove it in clinic.
- No bra is required unless directed by Dr. Hayes. However, it's okay to wear a bra for comfort if needed. No "push-up" or underwire bras for 6 wks.
- Do NOT drive if taking Norco (Hydrocodone/Tylenol).

ACTIVITIES

- You have just undergone a major surgical operation. The only activity permitted for the two weeks is walking.

- Exercise: Okay for gentle aerobic activity at 2 wks (keep heart rate below 100 beats per minute); Air squats, lunges at 3 wks; Weightlifting at 6 wks.
- Do not drive if you are taking any pain medications or muscle relaxants.
- Massaging your nipples daily with lotion may be helpful to decrease sensitivity.

INCISION CARE

- Keep Band-Aids in place. Dr. Hayes will replace them at your visit.
- You may shower anytime after surgery. Band-aids can get wet.
- No tub soaking or swimming for 1 full month.
- Inspect the skin around the Band-Aid daily for signs of infection (redness).
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock and keep incisions covered, if sun exposure is unavoidable (SPF 30 or greater). Put sunblock on incisions, and allow it to dry, BEFORE putting on your swimsuit.

APPEARANCE

- Your breasts will be swollen (edema fluid) which will be greatest on the third postoperative day.
- It's normal for implants to appear too high after surgery. It may take up to 3-6 months for your breast implants to settle into their final position ("drop and fluff").
- Scars can be reddened for up to 6 months, after which point they will fade and soften.
- Some bruising can occur after your procedure, but the degree varies from patient to patient.

WHEN TO CALL

- If you have increased swelling or bruising, or sudden breast asymmetry.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have any concerns.

PLEASE CALL OUR OFFICE WITH ANY QUESTIONS OR CONCERNS: 503-748-0069