

Breast Augmentation FAQs:

*No material on this site is intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician.

Before Your Consultation:

1. How long will I be off of work?
 - A. No work:
 - a. 3 days
 - B. Work from home:
 - a. 3-5 days
 - C. "Office Job":
 - a. 5-7 days
 - D. Physical work:
 - a. Depends on job duties
 - b. Light duty for 6 for weeks (not lifting > 10lbs)

2. Out of town patients:
 - a. When can I return home?
 - i. Out of town patients (fly-in) can return home at 7 days.
 - ii. Out of town patients (driving > 2 hrs) spend two nights in Portland after surgery.

After Surgery:

Day of Surgery:

1. What can I do on the day of my surgery?
 - a. Dr. Hayes specializes in rapid recovery after breast augmentation.
 - b. The day of surgery you can:
 - i. Use your arms normally
 - ii. Shower anytime
 - iii. Walk around your neighborhood and go out to dinner the night of surgery

2. Do I need a special bra?
 - a. Most people have *smooth implants* and do not need a special bra.
 - b. You can wear any bra that is comfortable for you.
 - c. If you have textured Implants:
 - i. Dr. Hayes will instruct you which type of bra to purchase. They are found at www.DrHayesSupplies.com

3. When can I wear an underwire bra?
 - a. Anytime
4. When can I drive?
 - a. When you feel comfortable you can drive safely.
 - b. Most people will start driving after 2-3 days.

Week One:

1. When can I sleep lying flat?
 - a. Anytime
2. When can I sleep on my side?
 - a. You can sleep on your side after 3 weeks.

Week 2-3:

1. When can I start caring for the scar?
 - a. Three weeks after surgery: Remove your second band-aid at home before a shower. You can begin using silicone gel.
 - i. Silicone:
 1. Apply a thin layer to the incision twice daily.
 2. Use silicone for 3 months.
2. When can I start working out?
 - a. Walking: Anytime
 - b. Hiking: 2 weeks
 - c. Lower body lifting: 3 weeks
 - d. Cardio/lifting/Peloton: 6 weeks
3. When can I lift my children?
 - a. You should minimize lifting your children for 6 weeks after surgery.

Week 6:

1. It's been 6 weeks, what workouts am I allowed to do?
 - a. Okay to resume all activities
2. When can I buy new bras/swimsuits?
 - a. Your breasts will "drop and fluff" for several months.
 - b. It's okay to shop 3 months after surgery.

