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Postoperative Instructions – Breast Augmentation

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

MEDICATIONS

The following medications have been prescribed by Dr. Hayes

Tylenol/Hydrocodone	Every 4 Hours as needed	x 4 days	PAIN CONTROL
Celecoxib 400mg	One dose 1 hour before surgery		PAIN CONTROL
Cephalexin 1000mg	2x/day	x 2 days	ANTIBIOTIC
Metoclopramide 10mg	Every 6 Hours as needed	x 3 days	NAUSEA
Ondansetron 8mg	Every 8 Hours as needed	x 3 days	NAUSEA

The following medication(s) should be taken regularly:

Ibuprofen 400-800mg	Every 8 hours as needed	x 5-7 days	PAIN CONTROL
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The following medication should be taken ONE HOUR BEFORE SURGERY:

Celecoxib 400mg	One dose 1 hour before surgery	PAIN CONTROL
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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.
- Start arm raises 5 times every hour while awake and continue for 5 days.
- Pain Meds: Take 400 - 800mg of Ibuprofen every 8 hrs for pain control, if you are still experiencing discomfort then take Norco (Hydrocodone/Tylenol) as instructed on the prescription.
- Do NOT apply ice to surgical area.

GENERAL INSTRUCTIONS

- Contact Dr. Hayes immediately should you develop any sudden pain, swelling or fever.
- Avoid sleeping on your stomach for at least one month 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 bra for 6 wks. Wear the surgical bra or a zip-front sports bra.
- Do NOT drive if taking Norco (Hydrocodone/Tylenol).
- Exercise: Okay for gentle aerobic activity at 2 wks (keep heart rate below 100 beats per minute); Non-chest weights and full cardio at 4 wk; Chest/push-ups at 6 wks.

ACTIVITIES

- You have just undergone a major surgical operation. The only activity permitted for the two weeks is walking, which you should do at least 3 times per day.
- Okay for gentle aerobic activity at 2 wks (keep heart rate below 100 beats per minute)
- Non-chest weights and full cardio after 4 weeks (NO CHEST EXERCISES, includes planks, downward dog, push-ups, spinning, etc).
- Chest exercises at 6 weeks (No restrictions).
- Do not drive if you are taking any pain medications or muscle relaxants.
- Dr. Hays will instruct you on proper technique for breast implant massage at your 1 week follow-up visit.
- 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 one week visit.
- You may shower anytime after surgery.
- No tub soaking or swimming for 1 full month.
- Inspect the skin around the Band-Aid daily for signs of infection (redness).
- After two weeks, Dr. Hayes may prescribe silicone gel for scar treatment.
- 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.

- 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.

***PLEASE CALL DR. HAYES OR THE OFFICE WITH ANY QUESTIONS OR CONCERNS:
503-297-9340***