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### **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

#### **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. Arm raises are performed with straight arms raised out to the sides (like making a snow angel).
- 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 6 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).
- Exercise: Okay for gentle aerobic activity at 2 wks (keep heart rate below 100 beats per minute); Jogging/Running at 3 wks; Non-chest weights at 4 wks; 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.
- Exercise: Okay for gentle aerobic activity at 2 wks (keep heart rate below 100 beats per minute); Jogging/Running at 3 wks; Non-chest weights at 4 wks; Chest/push-ups at 6 wks.
- Do not drive if you are taking any pain medications or muscle relaxants.
- Dr. Haye 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. 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).
- 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 ("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***