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BREAST AUGMENTATION AFTER CARE INSTRUCTIONS

THINGS TO PURCHASE by day #3:

1. ABD pads or large maxi pads → These will help to absorb any fluid that may be seeping from the incisions (which is normal)
2. Non-stick pads for incisions if necessary → These will help to protect incisions from rubbing on clothing.
3. Support bras: See photos and description below for examples of awesome and affordable bras. You should purchase two of each either online, at any medical supply store, or department stores.
4. Stool softener (Ducolax, Miralax, or Metamucil)—Pain medication can constipate you.



GENERAL INSTRUCTIONS:

- After surgery, please have someone available to stay with you for the first 24 – 48 hours,
- It is important to get out of bed early and often after your surgery (with assistance) to prevent problems.
- A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or Jell-O. You may start a regular diet the next day.
- Take pain medication with food. You will be given an anti-anxiety/muscle relaxant medication (Valium) that you may take as well to prevent aggravation of the pain cycle. When taking Valium, take it 1 – 2 hours after the pain medication. Take a stool softener with pain medication to prevent constipation (like Ducolax which is sold over-the-counter).
- **DO NOT SMOKE.** This is very important!!!
 - Smoking can result in a lack of blood supply to tissues and fat causing tissue death or delayed wound healing. Even 0% nicotine vapes contain a trace amount of nicotine that the FDA accepts as 0%. Smoking can resume 6 weeks after surgery as long as no challenges in healing are present.
- For the first 48 hours keep your arm movements to a minimum. Your arms should not be used to support your body or lift anything heavy. Do not push with your arms to lift yourself in bed.
- The first **3 weeks** after your surgery are the most crucial as far as limiting the use of your arms. The elbows should essentially stay against your body. **This means no lifting your arms, no lifting objects, no housework, no physical exercise, etc. WE CANNOT STRESS HOW IMPORTANT THIS IS.**
- If compression stockings were provided, please leave the compression stockings on for 5 days after surgery. They may be removed when showering but must be replaced after. You can also purchase additional compression socks at Target if needed.
- **Remember the Five W's:**
 - **Wind:** Take 10 deep breaths per hour. The most common cause of fever / elevated temperature after surgery is due to collapse of the lungs (atelectasis). In order to decrease your body temperature and expand the lungs, it is important to do this exercise.
 - **Water:** Dehydration can also cause an increase in body temperature. It is important that you remain hydrate since abdominoplasty and liposuction deplete your body of water.
 - **Walk:** Get up and walk once every hour to keep your blood moving. This is key for preventing a blood clot.
 - **Wonder drugs:** Take your pain medication as needed. If 1 tablet is not sufficient, then take 2 tablets every 4 or 6 hours (of Percocet, Vicodin, Norco).
 - **Wound:** Observe the wound for redness, heat, discharge (pus), and openings.

Drains:

- Infrequently small drains are used to draw off any accumulating fluid after surgery. The bulb should be kept collapsed at all times. The fluid will need to be removed from the bulb twice daily or when half full. Please keep a record of what time and how much fluid is emptied from the bulb. Bring this record with you to the office appointment. The drains will not be removed if you have drained more than 25 cc within a 24-hour period (see drain document).

Showering:

- You may shower (but not bathe) in 3 days even if drains are intact. Remove all your garments and dressings (except for the yellow sticky gauze) when showering. When out of the shower, blow dry incisions on a cool setting and apply new dressings and usual garments.
- Make sure to let the water hit your back and trickle forward. Don't face the shower until sutures are off.
- Make sure someone is with you at your first shower.

Sutures:

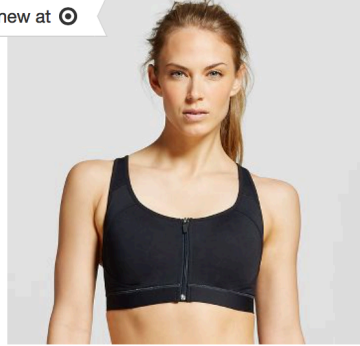







- Most of the time your sutures are dissolvable. Suture ends (the portion of the dissolvable suture that is visible on the skin, the loop with the knot) will be removed in 7 days.
- Sutures around the areola will not dissolve and are generally removed between 12-14 days after surgery.
- Steri-strips may or may not be placed around the areola after sutures are removed. Steri Strips remain in place for 1 week after sutures are removed.

Scar Care

- All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact or tanning booths are to be avoided and use a sunscreen with SPF of 15 with UVA and UVB protection for at least **6 months**.
- Incision scars can be massaged with the scar therapy cream (like Biocorneum) starting at **week 3**, or as soon as scabs have fallen (as early as 10 days). This will promote early softening and maturation of these areas. You can also use silicone sheeting (i.e., Embrace or Scar Away) which can be placed over incision sites to promote healing.

Bra Use:

- Wear the surgical bra provided at all times for the first **3 days**. You may then substitute the surgical bra for a sports bra (one that zips or attaches at front) for the next 6 weeks. You can resume use of an underwire bra at **8 weeks**.
 - I like the **“Women’s Power Shape MAX High Support Bra”** from Target. It's very supportive and zips in the front. It sells for \$25 and is sold in a variety of colors (<http://www.target.com/p/-/A-50445332>)
 - I also really like the **“Annette Women's Faja Post Surgical Front Close Recovery Bra”** from Target which is in the “mastectomy and surgical” section of their website. It's \$30: (<http://www.target.com/p/-/A-51397611>)
 - My second favorite is the **“Jockey Zip-Front High Impact Seamless Sports Bra”** which can be found at JCPenny (in store or online) for \$26.99 and at Macy’s for ~\$34.99
 - My third favorite is the **“Fruit of the Loom”** Bra for simple augmentations that can be purchased at Walmart for \$7.99.
 - The best bras for breast lifts (anytime the breast is cut underneath at the fold) are the **“surgical compression bras”** that can be purchased at medical supplies stores or online by typing “surgical compression bra” on Google.

Women’s Power Shape MAX High Support Bra-Target	Annette Women’s Faja Post Surgical Bra-Target	Jockey Zip-Front High Impact Seamless Sports Bra	Surgical Compression Bra
 <p>new at </p>			
<p>add to cart </p> <p>\$24.99 Women's Power Shape™ MAX High Support...</p>	<p>add to cart </p> <p>\$30.00 Annette Women's Faja Post Surgical Front C...</p>	<p>Fruit of the loom bra- Walmart</p> 	

Exercise:

- Strenuous activities, overheating (sauna, hot tub, baths) and exercises are to be avoided until **3 weeks** after surgery (heart rate should stay below 100 beats per minute.) This includes sexual activity.
- You may gradually resume normal daily activities after 48 hours being careful to avoid any activity that causes pain or discomfort.
- What kinds of exercises and when?
 - After 3 weeks: Lower body exercises are permitted (elliptical, stair master, etc). Limit upper body exercises.
 - After 6 weeks: May gradually ease into upper body exercises and running (with a sports bra). Avoid pectoralis muscle use (push ups, pull ups, etc).
 - After 12 weeks: May begin to ease into all exercises including pectoralis muscle use.

Driving:

- Driving may be resumed when a sharp turn of the steering wheel will not cause pain; this is usually within **5 – 7 days**.

- Do not drive if taking pain medication or Valium.

Sleeping:

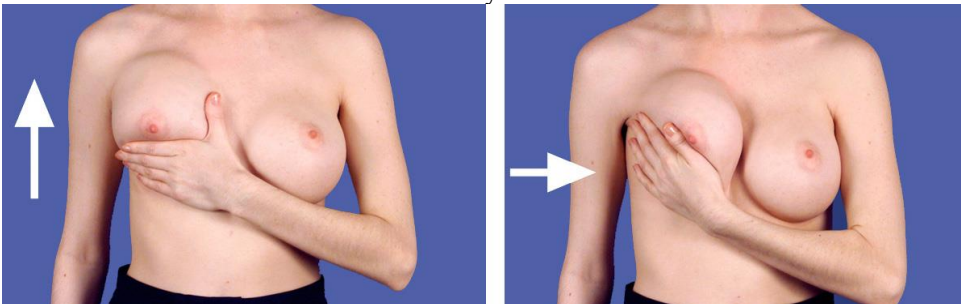
- Sleep on your back with head elevated about 30 degrees (two pillows) for **6 weeks**. After 6 weeks, you may begin to sleep on your side. Stomach sleeping is not recommended and is discouraged.

WHAT TO EXPECT AFTER SURGERY

- Sensations like numbness, sharpness, burning, and shooting pains at the breast or underarm areas are common during the healing process and can take up to 9 months to resolve. These sensations may last several weeks and will gradually disappear.
- Bruising and swelling are normal for 2 – 3 weeks. It will disappear over time.
- You will initially feel like your implants are too high, too flat, and too large. This will resolve over the first 4 – 6 weeks post operatively.
- Gurgling sounds from breasts are normal. The noise is produced from air and fluid trapped in the breast pocket. It will subside over time.
- It may take 3 – 6 months to appreciate results. ***Please be patient and wait for swelling to subside and implants to drop before stressing over the way the breasts appear.***

Breast Exercises:

- Breast implant massage should start 3 weeks after surgery.
- An illustration is provided. The importance of the breast exercises cannot be over emphasized. They help to reduce the development of capsular contractures and promote healing of the chest muscles.
- The exercises should be performed 3 times daily for the first 6 months, twice daily for the next 6 months, and then 1 time daily for life. Each breast should be pushed gently and held in position of a few seconds before release.
- One exercise includes both directions:
 - 10 exercises 3 times daily for the first 6 months
 - 10 exercises 2 times daily for the next 6 months
 - 10 exercises one time daily for life



If you require additional demonstrations on breast massage, please watch this video on YouTube: https://youtu.be/6_kCepUtS_I

Follow up appointments

- It is important to be seen by Jackie (PA-C) after your initial post-op checks.
- Jackie (PA-C) will see you in follow-up appointments:
 - 1 week, 3 weeks, 6 weeks, 3 months, 6 months and 1 year post-op.
- If you are from out-of-town and cannot see Jackie at the recommended frequency, then it is strongly advised that you establish a relationship with a provider in your hometown who can follow your progress or evaluate you in case of infection, wound separation, or seroma. Jackie and Dr. Dubrow cannot evaluate you or treat you over the phone.
- Call to schedule your appointments at (949) 515-4111 between the hours of 8:30 AM and 5:00 PM to schedule an appointment.

Please call the office at (949) 515-4111 or Jackie (PA-C) at her cell phone at (818) 681-5882 if:

- Redness, increased pain at surgical incision sites, sudden increase in swelling, warmth, drainage (pus), or oral temperature greater than 101°
- Nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medication
- Please call between the hours of 8:30 AM - 5:00 PM. If you need immediate care, please call Jackie anytime on her personal cell phone. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, text me, or email me anytime.
- **IF AT ANY POINT YOU EXPERIENCE SHORTNESS OF BREATH, PLEASE VISIT YOUR LOCAL EMERGENCY ROOM PROMPTLY AS THIS COULD INDICATE A PULMONARY EMBOLISM (BLOOD CLOT IN LUNG)**
- Any questions in regards to scheduling or confirming appointments should be communicated with the office staff (not Jackie) at 949-515-4111. If it is the weekend, please contact your surgical coordinator (Maryam or Kim) with those questions.