

## **Pioneer Valley Plastic Surgery, LLC**

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### **Post-Operative Instructions for Augmentation Mammoplasty/Breast Implants**

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (413) 731-7877.

- Minimal activities for the first 4 days after surgery.
- Sleep on back for first 2 weeks.
- You may ice your chest for the first week to decrease swelling and pain. Avoid heat to prevent a burn to the skin.
- You may shower 24 hours after surgery. Check water temperature to be sure it is not too hot to prevent burn.
- When showering, remove binder. Leave waterproof dressing in place. Allow water to run down chest, no vigorous scrubbing. Avoid soap to breasts for 1 week. Pat dry the waterproof dressing and put binder back on.
- You should wear the binder or sports bra at all times for 1 month, then you can stop wearing a bra while sleeping. No underwire bras for minimum of 8 weeks while breast are tender.
- Do not raise arms above shoulders for first 4 days after surgery. Then, gradually increase arm activity.
- NO heavy lifting (greater than 15 pounds), pushing or pulling for 4 weeks after surgery.
- NO driving or working while on pain medications.
- You may take Tylenol for pain or Benadryl for itching if needed.
- Avoid Advil, Motrin, or Ibuprofen for the first week after surgery but you may take them any time after the 1<sup>st</sup> week.

You can expect:

- Sutures to dissolve.
- To return to non-strenuous work within 3-7 days.
- Moderate to severe discomfort/pressure which should be relieved with pain medications.
- Moderate swelling of breasts.
- Bruising around breasts.
- Some bloody or clear drainage on dressing.
- Intermittent sharp stabbing pain to the breasts as the skin nerves are repairing. This is temporary but may last for 3-6 months.

Call the office if you experience:

- Severe pain not relieved by pain medications.
- Increased swelling or firmness greater on one side than the other.
- Excessive drainage on dressings.
- Incisions that appear to be opening.
- Any red, hot, or pus containing areas.
- A fever greater than 101.5
- Call the office at any time with questions.

**As time goes by and you are healing,** the following apply:

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- Most swelling, bruising and soreness resolves within 6-8 weeks.
- Return to strenuous activities in 4-6 weeks.
- The scar will continue to fade for up to 2 years.

\*\*We require 48 hours for prescription refills. Please call in advance.