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### **Breast Augmentation – After Surgery Instructions**

**At home after surgery:** It is recommended that you rest quietly at home for the first 24 hours after surgery. You may walk around the house and perform light activities. Ambulation, or walking, is encouraged and is one of the best ways of maintaining lower extremity blood flow and preventing venous blood clots (DVTs).

**Positioning:** When resting, keep your head and back elevated on at least 2-3 pillows for the first 48-72 hours to help minimize any post-operative swelling.

**Diet:** Start with a light diet, preferably liquids or soups, and then progress to a regular diet after 24 hours. This will minimize any post-operative nausea. Avoid salt as it can promote swelling.

**Antibiotics:** Dr. Hoefflin will prescribe you either Keflex (Cephalexin) 500 mg or Cleocin (Clindamycin) 300 mg (if allergic to penicillin or cephalosporins). Keflex should be taken 1 tablet, four times per day; Cleocin should be taken 1 tablet, three times per day. All antibiotics should be taken with food and not on an empty stomach.

**Discomfort:** Chest discomfort, soreness, and pressure can be minimized with pain medication. Start with ½ a tablet of a pain pill initially, of which may be followed every 3 – 4 hours by another. It is best to take pain medication with food. Excessive pain medication can cause post-operative nausea and constipation. A helpful alternative is to replace every other dose of pain medication with one tablet of Tylenol (650 mg) to help minimize inflammation. Avoid driving or consuming alcohol while taking prescription pain medicine.

**Incisions:** Your incision lines will be covered with special steri-strip tapes, of which should be left in place for 7 days. After 7 days, when showering, you may gently wash the breasts with soap and slowly remove the tapes that are starting to lift off.

**Drains:** Small drains may be used after revision breast surgery, capsule removal, or in circumstances to remove any accumulating fluid after surgery. Our staff will instruct you on the day of surgery on how to perform these functions. The bulbs connected to the end of the drains should be kept compressed at all times. Please remove the fluid and record the output from the bulb twice per day. Bring this record with you to each office appointment. Drains are typically removed two to three days after your surgery.

**Showering:** You may shower two days after surgery. Before taking a shower, remove the bra and gauze covering your incisions. The small white tapes (“steri-strips”) that directly cover your incisions should be left on for 7 days. You may wash yourself everywhere with a mild soap. Avoid submerging your incisions in a bath, swimming pool, or whirlpool for two weeks after surgery.

**Swelling:** Maximal swelling occurs at about three days after surgery, then begins to dramatically subside. Mild bruising typically resolves within 7-10 days after surgery. Your final aesthetic appearance may take 4-6 weeks. **Arnica Montana** (can be purchased at our office), taken both before and after surgery, can assist in decreasing any postoperative swelling or bruising.

**Activity:** For the **first 48 hours** after surgery, keep your arm movements to a minimum. Your arms should not be used to support your body or to lift anything heavy. This allows the implants to remain in perfect position. **After 2 weeks**, you may engage in light activity (i.e. light walking), and **by 4 weeks**, stretching, yoga, or light weight exercises can be resumed. Heavy weights and all pre-surgery activity may be initiated **after 6 weeks**. You may resume driving generally days to one week after surgery, provided you can respond and stop in emergency situations.

**Sutures:** All sutures are absorbable, and generally dissolve after 4-6 weeks.

**Sensation:** Expect that your normal breast, areola, or nipple sensation can be diminished for several weeks to months following surgery. This typically returns as your body progresses through the healing process.

**Sports Bra:** Dr. Hoefflin will provide you with a soft, elastic sports bra, which should be continuously worn for two weeks. It can be replaced with a purchased sports bra, which should be worn for a total of 6 weeks following your surgery.

**Follow-up appointment:** Your first postoperative appointment to see Dr. Hoefflin typically occurs 24 hours after surgery. This should be scheduled prior to your surgery.

**Breast Massage Following Breast Augmentation:** These exercises are initiated one week after surgery and assist in keeping the scar tissue that forms around implants as soft as possible. These exercises can help soften the internal scar, minimize the risk of significant capsular contracture and maximize the likelihood of a soft, natural feel and appearance to your breast. Dr. Hoefflin will provide you with information on such exercises one week after surgery.

**Minimizing long-term scar visibility:** Avoid direct sunlight exposure to your healing scars for the first year following surgery. Select a sunscreen with zinc oxide and SPF of 30 or greater for maximal protection. Scars typically fade in months to a year after your surgery. You may start applying a scar cream (available at our office) to minimizing your

scar appearance, starting at week 3. The scar cream should be used for 6 months after surgery.

**Smoking:** Do not smoke. This is important. Smoking delays healing and can increase your risk of complications.

**Concerns:**

Dr. Hoefflin can be reached 24 hours a day for any concerns. He can be contacted directly through his office or answering exchange at (310) 273-5100.

**Please notify Dr. Hoefflin if:**

- If your one breast becomes *significantly larger* than the other;
- If you develop significant bruising across the chest;
- If you experience a significant increase in pain not relieved by medication;
- If you develop a temperature above 101.5° F, or if you develop redness (like a sunburn) around your incisions;
- If you have any yellowish or greenish drains from the incisions or notice a foul odor;
- If you have any side effects to medications, such as rash, nausea, headache, or vomiting.

*The quality of your breast augmentation procedure may be compromised if you fail to return for any scheduled post-op visits, or follow Dr. Hoefflin's pre- and post-operative instructions.*

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Patient Signature

Date:

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Witness Signature

Date