



Breast Augmentation Post Op Instructions

1. A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups and jello. You can start with a soft regular diet the next day.
2. For the first 48 hours, your arms should not be used to support your body or lift anything heavy. Do not lift anything heavier than 10 lbs. (about the weight of a gallon of milk).
3. You may shower 48 hours after surgery. Dressings may be removed for the shower. After the shower replace a clean gauze padded dressing over the incisions.
4. Keep your incisions clean and dry for 48 hours.
5. Dr. Mountcastle expects swelling after breast augmentation. Breasts are usually swollen and somewhat asymmetric. They will appear high and out of place. This is normal. If the swelling on one side is definitely more pronounced on one side than the other side or if you are having pain which is NOT relieved by the pain medication, call Dr. Mountcastle.
6. You must wear a bra after surgery. A bra will be placed at the end of the surgery, and should be worn for the first 6 weeks. You may wear a sports bra instead, but no underwire bras for 6 weeks.
7. Excessive and strenuous activities should be avoided for 3 weeks. Keep your heart rate below 100 beats per minute during that time.
8. Driving may be resumed when a sharp turn of the steering wheel will not cause you pain. This is usually in 5-7 days. Do not drive if you are taking narcotic medication (Tylenol™ and motrin do not cause drowsiness, and you may drive after taking them).

9. Sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.

10. All incisions will be extremely sensitive during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 15 or greater for at least 1 year that has both UVA and UVB protection.

11. Breast implant massage should begin as soon as you are able to do so without pain. This is usually 7-10 days after surgery. You will be given instructions on breast massage after surgery or at your follow-up appointment. The importance of breast massage cannot be over-emphasized. You should be committed to doing breast massage on each breast 2 times a day forever.