

AFTER SURGERY INSTRUCTIONS FOR BREAST IMPLANT SURGERY

1 General

- a The following instructions were created to guide you to a safe surgical experience and a rapid, satisfactory convalescence. It is important that you read these instructions over and over again before your surgery so you will know exactly what to do following surgery.
- b The single most important rule is “take it easy.”
- c Remember no aspirin, smoking, alcohol, herbal medications, vitamins, nutritional supplements, or anti-inflammatory medications for 2 weeks.
- d Remember that healing takes time. There will be swelling and bruising.
- e Breast implant surgery is surprisingly not associated with much discomfort after surgery.
- f Recovery from surgery is a “process” and will largely depend on the amount of surgery that you had done, your motivation for success, and your dedication in precisely following these instructions.
- g In most cases, you will look “OK” at one week, “good” at two weeks, “very good” at four weeks, and “great” at eight weeks.
- h In summary, it usually takes 6-8 weeks to recover from this surgery.
- i Following surgery, there will often be differences between the two breasts, and this normal. Try to be patient as these differences tend to disappear with time.

2 Activity

- a During the first 24 hours following surgery it is best to remain quiet, preferably in bed. If you do get up, be sure someone is with you for assistance and stability in the event you become dizzy or lightheaded.
- b It is best to sleep as much as possible on your back for the first several days.
- d You may shower on the third day following surgery. Assume the first day following surgery is day #1; thus if your surgery was on a Monday, you would be OK to shower on Thursday.
- e Also beginning on the third day following surgery you should begin your “bend-over-exercises.” The importance of these exercises cannot be overemphasized. They are essential for the successful outcome of surgery.
 - i To do the exercise, first stand up.

- ii. Spread your feet shoulder distance apart with your toes point is slightly outwards. Reach your arms straight upwards as far as you can comfortably go. Hold this position for the count of 10. At first you may only be able to position your arms partway to vertical, but be patient and keep trying. Soon you will be able to lift your arms straight over your head.
- iii. Then bend forward as if you were going to touch your fingers to the floor. Bend your knees slightly; this allows you to actually bend over further. Ideally you want your chest angled slightly downwards toward the floor. Allow your arms to dangle straight downwards to the floor. This is the only position that allows the implants to simply hang directly downwards due to gravity. Hold this position for the slow count of 20. Often patients will “hear” or “feel” the implants moving around on the inside during this maneuver. During this exercise only, this is a good and desirable thing.
- iv. Return to the standing position. You have completed your exercise.
- v. You may resume very casual activities and drive a car on the seventh day following surgery.
- f. Most patients will return to work 5-7 days following surgery depending on the kind of work they do [passive or active], and the nature of the surgery they had done.
- g. During the first week following surgery you should avoid any heavy lifting, straining, pushing, or pulling of anything over 10-12 pounds. You may walk unlimited, and you are encouraged to do so.
- h. You should not fly in a commercial airplane for 2 weeks.
- i. You may resume normal housework in 3 weeks.
- j. Week 3-6: you may begin light aerobic exercise (treadmill, stair climber, elliptical; but absolutely no upper extremity or shoulder weight training).
- k. Week 6-12: you may gradually resume any and all activities, including weight training.

Diet

- c. Advance your diet slowly. On the day of surgery, begin with 7-UP or Ginger Ale and soda or graham crackers. Do not progress further until you can easily tolerate these items.
- d. Next progress to soft foods (jell-o, scrambled eggs, clear soups).
- e. After 24 hours, if you do not have any nausea issues, you may advance your diet gradually to normal.

Medications

- i. Pain pill: usually Norco 5 mg. See directions for use below under “pain control.”
- ii. Antibiotic pill: usually Keflex 750 mg. You will take one every 12 hours for 1 week. Keflex is related to

- Penicillin. If you are allergic to Penicillin, we will select another antibiotic for you
- iii. A muscle relaxing medication: usually Soma [carisoprodol]. You will take one tablet every 8 hours. We usually use this medication to ease your recovery if you had the implants placed under the chest muscle. If your breast implant surgery is to be performed above the chest muscles, you will not need this medication.
 - iv. Anti-nausea suppository: usually Phenergan 25 mg. Insert per rectum every 6 hours for nausea. If you have a history of nausea or severe motion sickness, we will instead prescribe Zofran-ODT 8 mg tablets. You will dissolve the tablet under your tongue every 6 hours as needed for nausea.
- d Both pain pills and the antibiotic medications tend to lead to an upset stomach after surgery. If nausea is a problem for you immediately following surgery, it is best to discontinue both the pain pills and the antibiotic medication. For pain, you may take Tylenol instead [1-2 tablets every 4 hours]. As soon as the nausea passes, you may resume your prescribed pain and antibiotic pills.

Dressings and Ice Packs

- a As soon as you get home we encourage you to apply ice packs to the breasts continuously until you go to bed that night. On the next day following surgery, we encourage the ice packs to be used the majority of the day. Use of the ice packs beyond the second day is entirely optional: "if it feels good, do it," otherwise you may stop it.
- b Many patients like to use a bag of frozen peas placed into a large, clean zip-lock bag. You will need one bag for each breast. You will want to place the ice pack on top of a light towel; do not apply the ice pack directly to the skin of the breast as it may actually damage the skin.
- c Apply the iced bags to the top of the breasts for 30-45 minutes, or until they do not feel cold anymore. Then exchange these ice packs for two others which you will now place to the sides of the breasts.

Be Sure To Call Our Office If You Experience Any Of The Following Symptoms Or Problems:

- a Severe pain anywhere in the surgical area that is much worse on one side than the other side.
- b Substantial swelling that is much worse on one side than the other side.
- c One breast feels much firmer than the breast on the opposite side.
- d Any elevated temperature greater than 101 degrees.
- e Any significant bleeding from an incision line that does not respond to a full 10 minutes (by the clock) of pressure.
- f Any suspicious redness and/or warmth suggestive of an infection.

- g Persistent nausea or vomiting.
- h Increased shortness of breath or chest pain.
- i If your pain medicine appears to be ineffective.

9 A Final Word

- a Our goal is to provide you with the finest plastic surgery services possible. What makes our office unique is our commitment to excellence and dedication to patient care.
- b If, after reading this booklet, you should have any questions, please do not hesitate to call our office.