

## **HOME CARE INSTRUCTIONS FOLLOWING BREAST AUGMENTATION**

### **I. CARE OF THE BREASTS**

- A. Swelling and mild bruising of the breasts are normal after surgery and will gradually subside over the next several weeks.**
- B. 24-hours after surgery, you may remove dressings (except for the skin tapes which are directly over your incisions) and shower. The tapes have been applied with a skin adhesive, so you may wash over them without removing them. You may continue to cover the incisions and gauze dressings, as needed, for one week. If you have been extensively taped, leave the taping in place until instructed to remove it.**
- C. Please wear a soft bra; do not wear an underwire bra. If you were sent home with an elastic ace wrap around your breasts you may remove it for showering/bathing, but reapply it snugly afterwards.**
- D. If you are sent home with drains in place, empty the bulb and record the amount of drainage three times per day.**

### **II. PAIN MANAGEMENT**

**You're likely to feel tired and sore for a few days following your surgery. You may also experience a burning sensation in your nipples for about two weeks, but this will subside as bruising fades. Sharp, shooting pains are also a common occurrence following surgery. Most of your discomfort will be controlled by the medication prescribed for you. If you are not getting adequate relief from the prescribed medication, please call our office at 312 695-6022 and ask for a nurse.**

### **III. ACTIVITIES**

- A. Drink plenty of fluids, eat lightly, and rest. Motion will be painful at first. Avoid any strenuous over the head motion and lifting until you receive the go-ahead from the doctor.**
- B. You may resume driving when you are no longer taking prescription pain medication and you are able to sit comfortably behind the wheel and perform all motions necessary for safe driving.**
- C. You will be able to return to work within a few days as you become comfortable, depending on the level of activity required for your job.**

- D. Your scars will be firm and pink for at least six weeks; it takes six months to a year for the scars to fade and flatten. They will never disappear completely.**
- E. Continue breast self-exam monthly; routine mammograms should be continued for women in the appropriate age group. Inform the mammographic technician that you have implants so that a special technique is used to assure that you get a reliable reading.**