



BREAST AUGMENTATION AFTER CARE INSTRUCTIONS

1. After surgery, it is important for you to have someone available to stay with you for the first 24-28 hours, as you will be weak and drowsy. You may require help the first few times you get out of bed.
2. It is important to get out of bed early and often after your surgery (with assistance) to prevent postoperative problems. Please take deep breaths frequently to keep your lungs clear (15-20 per hour.) Keep your head elevated about 30 degrees (two pillows) with the knees slightly flexed.
3. After surgery it is best to go to bed and elevate your head and shoulders on at least 2 pillows for the first 2-3 weeks.
4. A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or Jell-O. You may start a regular diet the next day.
5. Please take the pain medication only if you have pain. Take it with crackers, Jell-O, etc. You should need it the first 2-3 days after surgery every 3-4 hours. You will be given an anti-anxiety/muscle relaxant medication (Valium) that you may take as well to prevent aggravation of the pain cycle.
6. For the first 48 hours keep your arm movements to a minimum. Your arms should not be used to support your body or lift anything heavy. Do not push with your arms to lift yourself in bed.
7. Infrequently small drains are used to draw off any accumulating fluid after surgery. The bulb should be kept collapsed at all times. The fluid will need to be removed from the bulb about three times a day and the amount should be recorded on your drain log. Please keep a record of what time and how much fluid is emptied from the bulb. Bring this record with you to the office appointment. Usually drains are removed 7-10 days after surgery.
8. You will have a clear dressing over the incision. This will protect the incision for 7-10 days. You can shower over the dressing. If you have sutures, they will be removed in 7-10 days and you will wear steri-strips for 3-4 weeks.
9. **DO NOT SMOKE or use any nicotine products (gum, e-cigarettes). This is very important as nicotine can slow down wound healing.**
10. You may shower 24 hours after surgery.
11. You should wear a sports bra or camisole for the first 4 weeks after surgery. Dr. Constantine will advise you when you may wear an underwire bra (usually 6 weeks after surgery.)
12. Strenuous activities and exercises are to be avoided until around 4 weeks after surgery (heart rate should stay below 100 beats per minute.) You may gradually resume normal daily activities after 48 hours being careful to avoid any activity that causes pain or discomfort. You may refer to our physical activity information sheet on our website for more detailed information regarding what you can do and what you should not do following your procedure.
13. Driving may be resumed when a sharp turn of the steering wheel will not cause pain; this is usually within 5-7 days.
14. Breast implant massage should start 3-5 days after surgery. An illustration is provided below and Dr. Constantine will show you how to perform these breast exercises. The importance of the breast exercises cannot be over emphasized. They help to prevent capsular contractures and promote healing of the chest muscles. You should be committed to doing these exercises on each breast three times daily for life.
15. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact or tanning booths are to be avoided and use a sunscreen with SPF of 30 with UVA and UVB protection for at least 6 months. The incision scars can be massaged with a moisturizing cream, vitamin E, or aloe vera cream starting 3 weeks after surgery. This will promote early softening and maturation of these areas.

WHAT TO EXPECT AFTER SURGERY

- Sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.
- Bruising and swelling are normal for 2-3 weeks. It will disappear over time.
- You will initially feel like your implants are too high and too large. This will resolve over the first 4-6 weeks post operatively.
- It is normal to hear a “swooshing” sound the first few days after surgery. This sound is from the leftover antibiotic solution we used to irrigate the area around your implant to prevent infection. Your body will absorb this fluid over the next few days. Any swooshing sounds you may hear is NOT from your implant and is normal.

Please note:

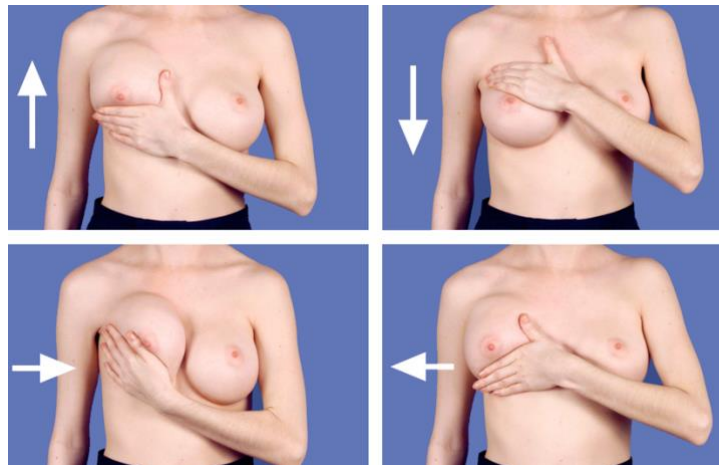
If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office.

If you develop a fever (oral temperature greater than 100°), redness and/or increased pain at the surgical incision sites, please call Dr. Constantine immediately.

If you have major dental work or major surgery, please notify Dr. Constantine so he can prescribe a pre-operative medication to protect your implants from possible infection.

BREAST EXERCISES

These exercises help to prevent capsular contractures (the development of scar tissue around the implant) and also help promote healing. The exercises should be performed 3 times daily for the first 9 months and then 1 time daily for life. The breast should be pushed gently and held in position of a few seconds before release.



IF YOU HAVE ANY ADDITIONAL QUESTIONS, PLEASE CALL OUR OFFICE ANYTIME

If you need immediate care, please call Dr. Constantine. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office number 24 hrs a day, 7 days a week and you will be connected directly to me or a staff member who can address your concerns or questions.

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