



Breast Augmentation Post-Op Instructions

Thank you for choosing Dr. Papanicolaou to perform your surgery. Please feel free to call us at 407. 478.3151 or email us at somaplasticsurgery1@gmail.com any time if instructions are not clear or issues are not addressed by this instruction sheet.

WHAT TO EXPECT

- You will see Dr. Papanicolaou approximately five to seven days following your surgery.
- A post op medical bra will be placed during your surgery. Keep the bra snug to your chest. You may wear a soft bra such as the surgical bra, Dr. Papanicolaou places in the operating room or a sports bra, but not one with underwire or one that causes too much compression of the breasts (these do not allow your implants to settle properly and may result in your implants remaining too high permanently).
- Not everyone needs to massage their breasts after breast augmentation, although it does help in select cases. As Dr. Papanicolaou monitors your progress, he will instruct you in the proper way to massage your breasts if he feels this will help improve your results.
- Most importantly, relax following your surgery. Expect to have less energy than usual the first few days after surgery. The overall effects of undergoing surgery can take more of a toll on your body than you might expect. You need rest while your body heals. You can expect some drainage on your dressings covering your incisions. Maximum discomfort will occur in the first few days after surgery, and most people are up and around in 3-5 days.
- If you take regular medications, ask Dr. Papanicolaou when it is safe to resume taking them.
- You may become constipated due to the pain medications and should begin a stool softener (i.e. Colace) after surgery. In addition, you may want to add a fiber supplement (Metamucil, Citrucel, etc.) after tolerating a diet to decrease straining. If you have gone several days without a bowel movement and are feeling uncomfortable, you may want to consider using a glycerin suppository or Fleet's enema (available at all drug stores).
- You may experience temporary electrical or tingling feelings in the breast and nipple in the weeks following your surgery. The feeling is similar to the feeling when your "foot wakes up after it has been asleep." This represents nerve healing and is normal.
- Your chest will feel tight for four to eight weeks, until the chest muscles relax. The exact time varies between patients depending on the muscle mass, breast elasticity and activity level after surgery. You may also experience more pain in one breast than the other.

- Sutures are dissolvable. They are under your skin and released at the end of each incision. They are clear in appearance and will be trimmed to the skin line at your first post-op appointment.
- Scars may become reddened before they fade. This is normal. Everyone heals differently, so be patient. However, by following these instructions you greatly increase your chances of having a good result. Dr. Papanicolaou will also instruct you in the use of Silagen to help improve the appearance of your scars.
- You will receive a phone call to confirm your follow-up appointment. If you do not receive a phone call from our staff on the day prior to your appointment, then we do not have you scheduled for an appointment. In this case, by all means please call us!

WHAT TO DO

- For the first ten days after surgery, **do not take aspirin or aspirin-containing products (Bufferin, Anacin, Excedrin, etc.)**. If you need medication for a headache or other pain, Tylenol is safe when taken according to the directions on the label. However, your pain medication prescribed by Dr. Papanicolaou contains Tylenol as well. It is **NOT** safe to take regular Tylenol at the same time you are taking the pain medication because of the risk of permanent damage to your liver. Please read all labels carefully and be aware of the amount of medication you are taking.
- Do not take your pain medications on an empty stomach. Eat a light snack, such as crackers, about 30 minutes before you take your medication.
- You may take the pain medication (usually Lortab) as prescribed by Dr. Papanicolaou, immediately after waking up from surgery. You should not drink alcohol or drive an automobile while on this medication. This medication may also make you drowsy or give you an upset stomach. If this is the case, ask Dr. Papanicolaou about alternative medications.
- You will also have a prescription for a strong muscle relaxant (usually Flexeril). This may be helpful to take if you are having muscle cramping in your back, chest, neck or shoulders following surgery. If you are taking pain medication and a muscle relaxant, do not take them at the same time because excessive sedation may occur. You may **space these medications out by approximately one hour to prevent excessive drowsiness and disorientation.**
- When deciding between muscle relaxant and the pain medication, it is usually best to use the pain medication for breast pain (discomfort of the breasts), and reserve the muscle relaxant for shoulder, neck and back pain (discomfort located away from the breasts).
- **Take your antibiotics** (usually Augmentin unless you are allergic to penicillin) until they are all gone - usually five days after surgery. Dr. Papanicolaou may prescribe additional antibiotics if needed.
- You will be prescribed Zofran, the very latest and strongest anti-nausea medication available. You may take this every six hours the day of surgery and the day following surgery. At that time, any lingering effects from your anesthesia should have worn off, making further anti-nausea medications unnecessary.

- It is safe to shower on the second day following surgery. Blot dry wound area with a fresh clean cloth. Do not tub bathe until cleared by your doctor to do so.
- You may remove your bandages and bra on the second day following surgery to shower. There will be a three-inch square piece of Telfa dressing over your incision. You may discard this. Dr. Papanicolaou will remove any additional stitches (if any have not dissolved) at your three-week postop visit. If the medical bra is irritating the wound area you may put new dressings over the wound inside your bra.
- **Refrain from sleeping on your stomach.** Sleep elevated on your back until your first postop appointment unless otherwise directed by your doctor.
- **Do not drive or operate machinery while you are taking your narcotic pain medication.** If you are still taking narcotics by the time of your first postop appointment, then have someone drive you to your appointment.
- **Do not lift more than 25 pounds,** and avoid using a vacuum cleaner for about three weeks. When you are released to exercise always wear a sports bra. You will be released to get your heart rate up at roughly three weeks depending on your personal healing and progression, and then slowly return to your normal exercise regimen. Chest exercises will be the last activities to begin again.
- **If you develop a temperature following surgery,** increasing pain, redness around the incisions, or drainage from the incisions of any kind, call our office immediately. If the office is not open, follow the recording instructions to page Dr. Papanicolaou directly. He will call you back asap.

Restrictions

- No heavy lifting (>25 lbs), vigorous activity, or straining for three weeks.
- No tub bathing until cleared by your physician
- No use of heating pads.
- Do not apply ice directly to skin, as you may still have numbness to areas.
- Sauna and steam baths should be avoided for six weeks following surgery.
- Do not swim in a pool or the ocean for three weeks following surgery.
- For the first ten days after surgery, do not take aspirin or aspirin-containing products (Bufferin, Anacin, Excedrin, etc.)
- Do not tan your scars for the first nine months following surgery, because they are more sensitive to the sun during this period and may tan darker than the surrounding skin. This darkness, if allowed to occur, may be permanent. In general it is safe to begin using sunscreen on your incisions three weeks after surgery. Even if you are wearing a bathing suit, you should still cover your incisions with sunscreen during this early period of nine to twelve months. Tanning beds can be particularly injurious to your incisions, and this activity should be avoided completely during the first three months after surgery.

WHEN TO CALL

- If you have a change in nipple color or appearance, or if one breast becomes larger than the other
- If you develop severe shortness of breath or chest pain- call 911, then notify physician

- If you run a fever, or have chills- call our office
- If you have markedly increased pain, bruising, swelling, or bloody drainage- call our office
- If you develop leg swelling or calf pain- call our office
- If you have persistent nausea or vomiting- call our office
- If you are uncertain about a medication or treatment- call our office
- If you are experiencing any adverse symptoms or changes that you do not understand- call our office

Please remember that we are here for you to answer any and all questions, no matter how small! PLEASE PRACTICE SOCIAL DISTANCING, ESPECIALLY 2 WEEKS PRIOR TO SURGERY. THIS IS TO REDUCE YOUR EXPOSURE AND POSSIBLE COMPLICATIONS ASSOCIATED WITH COVID-19.