

Breast Augmentation Post-Operative Instructions

What are my post-operative instructions?

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest and follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- No alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

What should my activity level be?

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you have full range of motion with your arms.
- Refrain from vigorous activity for 6 weeks.
- Restrict excessive use of arms for at least 5-7 days.
- No lifting above the head for 2 weeks.
- Refrain from physical contact with breasts for 6 weeks.
- Body contact sports should be avoided for 6-8 weeks.
- Employment can be resumed in 14 days.

How do I take care of my incision?

- Expect some mild drainage onto the steri-strips covering the incisions.

- If your incision was closed with steri-strips, they will generally start to fall off in 10-14 days. You may trim loose ends, but do not remove adherent strips.
- If your incision was closed with skin glue, it will slowly flake off over the first couple of weeks.
- Keep incisions clean and inspect daily for signs of infection.
- No tub soaking while sutures or drains are in place.
- You may pad the incisions with gauze for comfort.
- Wear garments as directed by surgeon.
- Do not wear underwire bra unless instructed by your surgeon.
- Refrain from sleeping on your stomach for 8 weeks. Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).

How should I expect to feel?

- You are likely to feel tired for a few days, but you should be up and around in 4-5 days.
- Maximum discomfort will occur in the first few days after surgery.
- You may experience some numbness of nipples and operative areas.
- You may experience a burning sensation in your nipples for about 2 weeks.
- You may experience temporary soreness, tightness, swelling and bruising as well as some discomfort in the incision area.
- Your breasts may be sensitive to stimulation for a few weeks.

What will it look like?

- Most of the discoloration and swelling will subside in 4-6 weeks.
- Scars may be red and angry looking for 6 months. In time, these usually soften and fade. Talk to your surgeon about when to start scar massage (typically 3-4 weeks after surgery).

What follow-up care should I expect?

- Sutures will be 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 in 1-2 weeks.
- Continue with routine mammograms at a radiology center where technicians are experienced in the special techniques required with implants.

When should I call my doctor?

- If you have increased swelling or bruising.
- If swelling and redness persist for a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting or constipation.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you develop increased pain in your calves, shortness of breath, or chest pain.
- If you develop any symptoms of concern.

Who should I call if I have questions?

- **Clinic Phone (734) 998-6022**

For questions and prescription refills please contact our clinic at during office hours (Monday - Friday, 8 a.m. - 4:30 p.m.)

- **Hospital Paging (734) 936-6267**

After hours and on weekends, call and ask for the Plastic Surgeon on call.

How do I manage my pain?

Pre-operative Instructions:

- Prior to your surgery, pain medication will be prescribed by your Primary care physician or referring physician.
- If you **do not** have an established Primary care physician, please call the Physician referral service at **1-800-211-8181**.
- To establish yourself with a primary care physician **prior** to your surgery, please schedule an appointment with the new primary care physician.

Post-operative Instructions:

- After having surgery, it is expected you will experience some pain even with pain medication. This is a normal part of recovery.
- You will be provided a prescription for pain medicine that will last until your first return post-op visit.
- At your first post-op visit, your pain will be evaluated. The surgical team will manage your pain for the acute recovery phase.
- Acute Pain management for major surgery's is typically 6 to 12 weeks
- Acute pain management for minor procedures is typically 7-10 days
- You may not drive while you are taking narcotic pain medication or otherwise instructed by your surgical team.

Managing Prescription Refills:

- Please call the clinic at **734-998-6022** for medication refills.
- You may also contact us using the Patient Portal at <https://www.myuofmhealth.org>
- Messages received after hours or on the weekend will be processed the next business day.
- Please allow 24 hours or one business day to have your request reviewed by your surgical team.

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