



Amy S. Bekanich, M.D.

· AUSTIN PLASTIC SURGERY BOUTIQUE ·

Aftercare: Breast Augmentation

Dressings: On day two from surgery remove all gauze in the bra and throw it away. Shower, and then pat the incisions (steri-strips or skin glue) with a clean cloth. Replace soft bra. You will not need gauze unless you have some slight drainage from the incision sites and want to keep this from getting on your clothes.

Bathing: You may shower **two** days AFTER surgery (**48 hours after surgery**). Do not bathe, swim, hot tub, Lake Swim, or use a whirlpool until incisions are fully closed. Dr. Bekanich will determine when you are cleared for these activities based on your physical exam. You may feel lightheaded on your first or second shower, therefore a shower assistant is mandatory. Sitting on a chair in the shower is also helpful if you feel more comfortable.

Medications:

Complete your course of antibiotics. Arnica may reduce bruising and you should take a complete course. Take prescribed pain medication only as directed and consider Extra Strength Tylenol in place of narcotics. Take medications with food to reduce nausea. Resume pre-operative medications unless otherwise directed by your operating physician or personal physician.

Swelling: Initially, there will be quite a bit of swelling. This swelling over the first couple of days. You will notice that your implants/breasts seem high on your chest. This is often very normal. On day 5 you will start massaging your breasts. This will assist with the implants settling and the capsule to form flexibly. Do NOT apply heat or ice to any treatment areas. Your ability to sense if your skin is getting too cold or hot is not normal and you may burn yourself.

Massage: Start gentle massage of the breasts at day 5. Dr. Bekanich or the office staff will demonstrate this technique for you at your post-operative visit. Lymphatic massage has also been shown to help people with fluid retention following surgery. Do not lie on your stomach.

Discomfort: Pain varies following surgery. Every patient is different. The amount of post-operative pain varies from patient to patient. Overall, most patients are feeling pretty good by about day 5-7 from surgery.

Sensations to expect: Patients have reported burning sensations, tickling and muscle soreness after surgery. The muscle soreness often starts to be noticed more around 12 hours following surgery (the evening after surgery).

Activity: No strenuous activity for 6 weeks. No lifting more than 5 lbs. Start mild walking immediately with even mild movement about the house every 2 hours the day of surgery.

Diet: Start with a bland soft diet and increase this slowly. Slowly resume a balanced healthy diet. This is often difficult following surgery as you are not feeling at your best and are limited in the amount of physical activity you can do. Limit the amount of salt to take in as this will affect your swelling. Drink plenty of fluids. Avoid alcohol.

Clothing: Avoid tight fitting bras that dig into your skin or incision. Wear a soft bra that gives moderate support and opens from the front. This makes it easier to take it on and off.

Smoking: It is well known that nicotine (in traditional cigarettes and vapor cigarettes) impairs healing and increases your risk of infection. Your scars and final outcome are negatively affected by smoking/nicotine as well.

Driving: Do not drive or operate any heavy machinery for 24 hours following surgery and/or until you are not taking pain pills. You will need someone with you mandatorily for 24 hours following surgery.

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