

# Lowcountry Plastic Surgery Center

## BREAST AUGMENTATION INSTRUCTIONS

### PREOPERATIVE INSTRUCTIONS

1. DO NOT TAKE ANY ASPIRIN PRODUCTS OR IBUPROFEN for two weeks prior to or after surgery. Aspirin thins the blood, causing you to bleed and bruise more. You may take Tylenol.
2. Do not SMOKE for four weeks before or after surgery. If you are a smoker you should clearly understand that nicotine could impair and delay healing. Who wants to be left with scars worse than normal and other complications as a result of smoking through the pre- and post-surgical period?
3. You will need to purchase a bra to wear at all times after your surgery for the first 4-6 weeks. It is important to wear the bra after your surgery because the compression will give you better post-operative results. You may take the bra off to shower or wash the bra. We recommend a bra made by Cabernet you can purchase at Dillard's. As an alternative, you may also purchase a sports bra that zips up the front from Walmart.
4. Shower with Hibiclens soap (over-the-counter) or Dial soap prior to surgery, paying particular attention to the breast area. Do not apply body creams of any kind. Wear comfortable and loose fitting clothes such as sweat pants. You cannot lift your arms over your head after surgery so wear a button down shirt on the day of surgery. Do not wear make-up, jewelry, or panty hose.
5. You may take an iron supplement at least one month prior to surgery, as well as one month afterward. (such as a multivitamin with iron)
6. You may rinse and brush your teeth but **do not eat or drink anything after midnight the night before your surgery.**
7. Please make arrangements to have someone drive you home from the surgical center and remain with you for 24-48 hours.

### POSTOPERATIVE INSTRUCTIONS

1. Your surgery will take approximately 2-3 hours. You will go to the recovery room until you have awakened sufficiently to return home.
2. You will wear a jog bra for compression and support after surgery. This should be worn for two to three weeks, day and night and for four more weeks at night.
3. For two weeks after surgery, avoid any heavy lifting or high reaching. Sleep on your back to prevent any undue pressure on your breasts for the first 48 hours.
4. After your surgery it will be necessary to see you in the office one or two days after surgery and then a week or so later. After that we will see you in a couple of months.

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## **WHAT TO EXPECT**

- Expect some drainage on the dressings covering the incisions.
- 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.
- Your breasts may be sensitive to stimulation for a few weeks.



### **Cabernet Active Bra**

This bra with no padding features front-closure hooks, racer back and Velcro® adjustable straps. In white with polyester/cotton bust section; nylon/spandex elastic section. Imported.

**LF-172 \$18.00**

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