

## **AFTER YOUR BREAST AUGMENTATION SURGERY**

- A breast strap may be placed around the top part of your chest. It is placed to keep the breast implants from rising too high on the chest wall. The surgery sites will be covered with gauze and an ace bandage. **Please make sure that the ace bandage is not too tight.**
- Your incisions will be covered with sterile brown tape. Leave the tape in place until you are seen in the office. **Do not apply heat or cold to the surgery sites.**
- Take your antibiotics, pain medications, and muscle relaxants as directed.
- You may remove the ace wrap, gauze and breast strap 48 hours after your surgery and shower. **It is OK if the brown tape over your incision gets wet.** After your shower, simply pat the tape dry, or gently use a hair dryer to dry tape.
- After your shower, replace the breast strap around your back and underarms and across the top part of your breasts. Patients normally wear the breast strap 24/7 for 2-6 weeks. Do not wear a bra; camisoles and tank tops are OK. **Patients may resume wearing a bra 6 weeks after surgery, unless otherwise instructed.** Instruction in post-operative a massage will be given to you at your first post-operative visit. You do not have to begin massage until one week post-operatively.
- Swelling and bruising are normal after surgery. **Your implants will appear high, round, and firm – this is a normal early post-operative appearance. It will take 3 weeks-3 months for the implants to settle into their final positions.**
- You may resume your normal diet after surgery.
- Do not use any nicotine products for 6 weeks after surgery.
- Walking and stair-climbing are permitted immediately after surgery and are encouraged. You may use a treadmill, exercise, bike and elliptical machine 48 hours after surgery. You may not perform cardio activities, swim, get in a pool or hot tub, or lift more than 5 pounds until 4 weeks after surgery. You may resume sexual activity 2 weeks after surgery.
- **You are allowed to drive 24 hours after you have stopped taking your pain medication and muscle relaxant.**
- You should be seen in the office one week after your surgery. Please call the office for your appointment.