

*K. Cary Canoun MD, FACS*

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**BREAST AUGMENTATION SURGERY POST-OP INSTRUCTIONS**

1. You must have a responsible adult drive you home after surgery and care for you 24-48 hours after surgery.
2. A light diet is best for the day of surgery. Start with fluids and progress to foods slowly. Drink plenty of fluids.
3. You may go to the bathroom with assistance as needed. Do not do any heavy lifting or strenuous exercise for 2 weeks after surgery. It is preferable to resume **low-level** exertion activities the night of surgery. This includes raising your arms above your head, brushing your hair and teeth. We encourage you to resume these activities immediately and most of our patients are very surprised that they get back to these activities quite easily.
4. Take medications according to instructions. After two days, often the pain is well controlled with extra-strength Tylenol but can be supplemented with the stronger pain medication as needed.
5. The period of greatest discomfort does not usually last more than 24-48 hours. Thereafter, you may find you need your pain medication less frequently.
6. You must always wear the bandeau (strap around the chest) above the breast for the first two week after surgery. This prevents the implants from moving upward during the initial healing. Do not massage or ice your breast.
7. You will notice the incision is covered by a steri-strip. Keep this dressing clean and dry. I will remove the dressing at your first post-operative visit. Do not get the dressing wet.

**You can expect the following:**

1. Moderate discomfort – use pain medication as prescribed. No Aspirin or Motrin.
2. Moderate swelling of the breast.

**Call me if you have any of the following:**

1. Severe pain not responding to the pain medication.
2. Marked swelling or more swelling on one side than the other.
3. Any other questions or concerns.

**Follow-Up Office Visits:**

1st Visit: The 5-6 days after surgery.

2nd Visit: 12-14 days after surgery.

3rd Visit 2-4 weeks after surgery.

First Post-op Visit: Date \_\_\_\_\_ Time \_\_\_\_\_

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