



Breast Augmentation Post-Op Instructions Dr Saldaña

For the first 4 weeks post-op sleep on your back with your head slightly elevated for comfort and to decrease swelling.

Wear the bra that we have supplied, or something supportive 24 hours a day for the first 4 weeks.

Avoid picking up anything greater than 10lbs the first 2 weeks. The doctor will advise you when you can start lifting anything heavier.

Do not run or perform strenuous exercise until the doctor says you may do so. You may not drive the first few days or while you are taking pain medication.

No smoking at least the first 2 weeks after your surgery. This will interfere with your healing.

Your stitches will be removed at 2 weeks post-op.

DIET

Eat light the first 24 hours, clear liquids advancing to a regular diet as tolerated. If you have persistent nausea stick to a bland diet until it subsides.

The pain medicine may cause constipation. Drink plenty of fluids. You may take any over the counter laxative as needed.

DRESSINGS

You will have a surgical bra and possibly a strap around the breasts.

You will have clear plastic dressings over your incisions that should be left in place for 2 weeks.

You will feel tightness in the chest from the wrap and stretching of the muscles. This is normal and will gradually subside in 4-7 days.

You may shower on the second day after surgery. Often a hot shower helps with discomfort more than pain medicine.

MEDICATION

The pain medicine is a narcotic and should be taken as prescribed. Do not take any Tylenol while taking the pain medicine.

The medication we prescribe already has Tylenol in it.

Do not drink alcohol or drive while you are taking the pain medication.

The pain medicine can cause nausea and should be taken with food at each dose.

You may resume your regular medication after your surgery except for NSAIDs (wait at least 7 days post-op)

If you take aspirin or Coumadin, check with our doctor as to when you can resume.

IF YOU HAVE:

A temperature greater than 101 degrees.

Excessive bleeding saturating the dressings.

A sudden increase in drainage, or pain.

If you have persistent vomiting.

Any questions regarding your care.

CALL THE OFFICE AT (218) 215-8990 Monday -Friday 8:30am-5pm. After hours or on weekends you can call this same number.

IF YOU HAVE A LIFE THREATENING EMERGENCY CALL 911 AND GO TO THE NEAREST HOSPITAL.