



PLASTIC
SURGERY

Patient Post-Operative Instructions for Breast Augmentation

After surgery you should relax for the first several hours as anesthesia wears off. You will be able to walk around the house and perform light daily activities. During this time, it is not at all unusual for you to feel some pain, soreness and pressure in the chest area. It is important, however, not to stay in bed. You are encouraged to perform normal activities of daily living. The only restriction is to not perform strenuous activity or exercise.

Please take your pain medication as prescribed by Dr. Kohan.

You must take the entire prescription of antibiotics. Be sure to lie on your back or sitting up whenever you rest or sleep.

The post-operative bra that you have been put in should be worn constantly during the day and at night. After 48 hours you can switch to a sports bra. Do NOT wear any bra with an underwire.

You will then be allowed to shower two days after surgery and change the bra as needed. When taking a shower, remove the bra and take off the gauze. The small white tapes that are under the gauze directly over your incision should be left on. Wash yourself everywhere, including the tapes and your incisions with running water. Do not immerse your incisions in water for long periods of time. Use mild soap and pat yourself dry and put the bra back on. You don't need to cover the small

white tapes over your incision. This daily routine will help keep the incisions clean, and will promote wound healing.

Do not submerge yourself in a bath, swimming pool, or whirlpool for two weeks.

You will wear the sports bra for a total of two to three weeks after surgery.

Regarding the small tape strips covering your incisions (the Steri-strips). These will remain in place for seven days and will peel off by themselves.

A few patients react to the anesthetic after surgery (and possibly pain medications) with nausea and vomiting. This usually lasts less than 12 hours and should be treated with lots of fluids.

The maximum swelling occurs at about three days and then begins to dramatically improve. Mild bruising typically resolves within 14 days.

You should plan to be off work for up to five to seven days, although this can vary from person to person and depends on activities performed.

Again, you are expected to be able to perform normal activities of daily living immediately after surgery; however, do NOT lift anything over 10 pounds.

Additional Post-Operative Instructions:

No heavy exercise or lifting for three weeks following surgery. This will allow the implants to remain in the proper position without movement. Move your arms slowly and avoid sudden jerky movements of the chest and breast area. You are able to gently raise your arms to your shoulder level. These restrictions allow the implants to remain in place.

Dr. Kohan strongly encourages walking immediately after surgery. This activity will greatly minimize the risk of deep clots in your leg veins.

Do not expose your breasts to the sun for several months after surgery. This may cause your scars to darken in color.

Please notify Dr. Kohan if:

- If your one breast becomes ***significantly larger*** than the other
- If you develop significant bruising across the chest
- If you experience a significant increase in pain in the breast after the pain has improved
- If you develop a temperature above 100.4° F
- If you develop redness (like a sunburn) around your incisions

If you need help or have any questions feel free to call Dr. Kohan with your concerns. Dr. Kohan is on call 24 hours per day, seven days per week and has an answering service to forward calls.

Please do not hesitate to report any concerns.

Our number is (424) 279-3230