

Breast Augmentation & Mastopexy Post Operative Care

Post Operative Medication

1. Please take the medications as directed. Antibiotics are taken until all of the pills are finished. Pain and muscle relaxant medication are taken as needed. Never take medication on an empty stomach and always space the medications appropriately.
2. You may NOT drive while taking the pain or muscle relaxant medications.
3. Constipation is very common due to the pain medication and anesthesia. Please use Colace (over the counter) or any stool softener that has worked with you in the past.
4. Advil, or any other type of non-steroidal anti-inflammatory medication is not recommended for the first 5 days after surgery.
5. DO NOT take your prescribed pain medication with any other type of pain medication at the same time.

Post Operative Bra

1. The compression bra (for implants only) is to be worn for 4 weeks after surgery. Try to wear this all day and night, removing it to shower or to wash your garment. If washing your garment, you may wear a tight fitting sports bra (we recommend one that closes in the front).
2. If you have had a breast lift only (in hospital), you will have a compression wrap in place. If this comes loose before your first appointment then you may remove it and replace it with a good fitting sports bra, otherwise office staff will remove this at your first appointment. If your surgery was performed in the private OR, then you will be asked to bring along a snug fitting, comfortable sports-type bra to wear after your surgery.
3. For augmentation clients, if you find the bra too tight when you get home from surgery the straps may be adjusted without removing the bra. Please do not remove the bra after the surgery. The office staff will help you remove the garment on your first post-op visit.
4. If you choose to wash your garment, please hand wash or machine wash on the delicate cycle and hang to dry.

Post Operative Dressing & Incisions

1. Please leave your dressings in place until office staff removes them or you may remove them after your first shower.
2. It's very normal to have some drainage or seepage from the incision line during the healing period.

3. Steri-strips will be in place over the incisions. Do not remove them unless otherwise instructed. These should be allowed to peel off on their own. Edges that are lifting may be trimmed with clean scissors.
4. The sutures used during your surgery are absorbable; therefore they will not need to be removed.
5. You may start applying scar creams to the incisions after 3 weeks on the incision line if it is well approximated and there are no open wounds or scabs.
6. Incision lines and final results may take up to about a year. Sometimes sutures take time to dissolve, and sometimes you may have them reach the surface. This is normal and you may gently trim them.
7. Please call the office if you have excessive pain, excessive bleeding, notice signs of infection or have a rise in temperature above 100°F/37.5°C.

Post Operative Exercise/Activities

1. Please refrain from exercising for 4-6 weeks post surgery. *Absolutely no heavy lifting for 6 weeks (nothing greater than 5lbs for the first two weeks)*. We will follow up with you at post-surgical visits to answer any specific questions regarding exercise.
2. Do not drive until you have full range of motion.
3. You must try to sleep on your back only.
4. Please refrain from showering for 48 hours after your surgery. Try to shower with your back to the direct spray. Gently pat steri-strips dry and allow to air-dry.
5. No ocean water, jacuzzi, or pool water for at least 8 weeks post surgery or until the incision is fully healed.
6. No tanning or sun exposure to the incisions until they have healed completely, but we recommend no exposure for at least 12 months. Use an SPF of 30+ if sun exposure is unavoidable.
7. Remember to move your feet back and fourth for 1 week post surgery to help with circulation/prevent blood clots. Start walking as soon as possible.
8. Remember to do the deep breathing exercises for 1 week post surgery.
9. Do not smoke, as smoking delays healing and increases the risk of complications, in particular, nipple necrosis.
10. Consume healthy foods and plenty of water to assist in the healing process.
11. For breast implants only: Dr. Seal will indicate when and how to start implant massage.
12. Return to work when you feel well enough. This could range from 2-6 weeks after surgery, depending on type of job.
13. In about 6 weeks you will be back to all of your normal activities.

What to Expect?

1. Moderate postoperative pain/stiffness.
2. Swelling and minor bruising are normal.
3. You may note some numbness and tingling on the breast/nipple areas. This is normal and temporary.
4. For breast augmentation (implants) only: Your breasts will feel high and tight on your chest. This is normal and will begin to settle over the next few weeks.

Contact our Office if you Experience any of the Following Symptoms

1. One of your breasts is significantly larger, firmer and more painful than the other.
2. Significant drainage from one or both breasts.
3. Allergic reaction to your antibiotic (if one was prescribed)

If you experience one or more of these symptoms after office hours or over the weekend, please contact our office and leave a message (so that we are aware) and present to the nearest emergency room.

For Questions or concerns, please call the office at 754-2681 or email info@drshaneseal.com