

**Nikesh K Patel MD**

*New Reflections Plastic Surgery*

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## **Post Breast Augmentation Instructions**

- ∞ Unless instructed, keep your dressings on until you return for your first postoperative visit.
- ∞ Have someone drive you home after surgery and limit driving until you are no longer taking narcotic medications and your arms have normal range of motion.
- ∞ Take your pain medications as prescribed for the first 24-48 hours. You may then taper them to your pain level.
- ∞ If you have steri-strips on your incisions allow them to flake off naturally. Do not remove them forcefully.
- ∞ Maintain your general activities in the postoperative period such as walking, bathing, and preparing meals. This will help reduce swelling and the risk for blood clots.
- ∞ Limit your upper body activity to no more than 5 pounds of lifting in the postoperative period. You will progressively resume normal activity beginning at 3 weeks.
- ∞ Do not use aspirin, Naproxen, Aleve, or other prescription, over the counter, or herbal medications that may increase bleeding. This will lengthen your recovery and may cause serious complications.
- ∞ Only wear a soft bra without underwires that snaps in the front while you are recovering.
- ∞ You should protect your incisions from the sun for up to one year to achieve optimal results.
- ∞ You may experience the following which are normal:
  - Increased or decreased sensitivity of the breast or nipples; this will resolve over time.
  - Shiny or itchy skin; this will resolve in several weeks as the swelling reduces.
  - Tenderness or tightness of the chest with arm movement
- ∞ Call the office if you experience any of the following:
  - Shortness of breath
  - Fevers or Chills
  - Foul drainage or odor from the incisions
  - Excessive pain, swelling, redness, or warmth of any surgical areas
  - Significant change in size of one or both breasts