



## **BREAST AUGMENTATION**

### **Pre-operative Instructions**

- ❖ Please advise Dr. Robbins if you are taking any blood thinning medications (e.g. Warfarin, Ibuprofen, NSAIDS, Plavix, Aspirin). These will need to be discontinued 10 days prior to surgery per Dr. Robbins instructions.
- ❖ DO NOT take any of the following prior to surgery:
  - Anti-inflammatories
  - Homeopathic medications
  - Vitamin E
- ❖ Take a bath or shower daily with an anti-bacterial liquid soap, like dial liquid soap, or hibiclens starting 3 days prior to surgery.
- ❖ DO NOT eat or drink after midnight the night before surgery.
- ❖ If you are a smoker-Stop smoking 2-3 months prior to surgery. Smoking causes slower and compromised healing time.
- ❖ DO NOT wear jewelry, dentures, hearing aids, or contact lenses the day of surgery.
- ❖ DO NOT wear make-up, moisturizer, lipstick, deodorant, or nail polish the day of surgery.
- ❖ Wear comfortable, loose fitting clothing that buttons in the front.
- ❖ You will need to arrive 2 hours prior to your surgery time.

### **Post- operative Instructions**

- ❖ Have someone to drive you home after surgery and help you at home for 1-2 days.
- ❖ You will have a prescription for an antibiotic as well as a pain medication that you will need to start when you get home from the hospital.
- ❖ DO NOT take aspirin or any products containing aspirin for 2 weeks.
- ❖ Increase fiber and fluid intake to prevent constipation from the narcotics.
- ❖ Cough and deep breath every 2 hours to prevent pneumonia.
- ❖ Avoid strenuous activity, heavy lifting, and any vigorous activity for 3 weeks or until otherwise instructed. Walking is a normal activity that should be restarted right away.

- ❖ At home you may take the ace bandage off 3 days after surgery and shower. At this time you will start wearing a sports bra day and night until your one week post operative visit.
- ❖ Leave the steri-strips in place. Steri-strips are small pieces of tape that cover the incisions and help with scarring. They will fall off on their own in approximately 2 weeks.
- ❖ No driving until completely off narcotic pain medication.
- ❖ If you are a smoker, remain smoke free for at least 6 weeks after surgery.
- ❖ You should be back to full physical activity 3 weeks after surgery (jogging, cycling, weight lifting, etc).
- ❖ DO NOT use ice or heat on your chest for pain relief. The skin in this area may be numb therefore making it susceptible to getting burned.
- ❖ You will need to start wearing a sports bra or camisole post-operative day 3.

### **What to Expect**

- ❖ Discomfort will be maximal in the first 3 days; it should improve each day thereafter.
- ❖ After surgery your chest will feel tight and heavy from swelling.
- ❖ There will be postoperative pain, temporary bruising, discomfort, numbness, swelling, and discoloration.
- ❖ You will be returning to see Dr. Robbins in his office 1-3 days post-operatively.
- ❖ Scars will be red for 2-3 months and then fade and soften.
- ❖ Most of the sutures will dissolve however sometimes there are a few that will come to the surface and be removed after 7-10 days (Except nipple reconstruction).

### **When to Call the Office**

- ❖ If you have severe or increased pain not relieved by medication.
- ❖ If you are having side-effects to medications, such as rash, nausea, headache, or vomiting.
- ❖ If you have a temperature >101.5 degrees.
- ❖ If you have drainage from the incision that has a foul odor.
- ❖ If you have bleeding from the incisions that does not stop with pressure.
- ❖ Excessive warmth or redness that is spreading from the incision site.