



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 prior to surgery per Dr. Robbins instructions.
- **DO NOT** take any of the following 10 days 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.
- **DO NOT** wear jewelry, dentures, hearing aids, or contact lenses the 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, or advised

Post- Operative Instructions

MEDICATIONS

You will be prescribed a **pain**, (Percocet/oxycodone, or Dilaudid/hydromorphone) **anti-nausea** (*Phenergan/promethazine or Zofran/ondansetron*) and **antibiotic**(Keflex/cephalexin,doxycycline, or Cipro/ciprofloxacin) medication. Goal is to stay ahead of the pain so you can rest comfortably and eat/drink without nausea or constipation.

- Your **pain** medication should be taken with food in your stomach, even if you don't have an appetite, have some crackers or yogurt with it
- Your **anti-nausea** medication is prescribed since narcotic pain meds can increase your chance of nausea/vomiting
- Your **antibiotic** is to prevent infection, take the medicine as prescribed beginning the day you get home from surgery until the entire bottle is empty
- **Take ALL of your medications as prescribed, at least for the first 24-48 hours after surgery**

- Have someone drive you home after surgery and help you at home for 1-2 days.
- You can take **advil/aleve/motrin** or aspirin **3 days** post operatively
- Increase fiber and fluid intake to prevent constipation from the narcotics.
- Cough and deep breathe every 2 hours to prevent pneumonia.
- Avoid strenuous activity, heavy lifting, and any vigorous activity (no pushing, pulling or lifting more than 8 lbs)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.
- **If your surgery is on a Monday you may shower on Thursday. If your surgery is on Wednesday you may shower on Saturday. If your surgery is on Friday you may shower on Monday.** At this time you will start wearing a sports bra day and night until your one week post-operative visit
- Leave the tape/steri-strips in place. They will fall off on their own approximately in 2 weeks.
- No driving until completely off narcotic pain medication, muscle relaxer and anti-nausea medication.
- 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.
- Once you remove ace wrap and shower on day 3, you will need to start wearing a front closure sports bra. This will be worn for first 3 weeks day and night, week 4,5 and 6 , day time only

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 post-operative pain, temporary bruising, discomfort, numbness, swelling and discoloration.
- You will be returning to see Dr. Robbins 1 week post operatively
- Scars will be red for 2-3 months and then fade and soften
- Your sutures will dissolve on their own

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 or drains with 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.

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