

Instructions for Breast Augmentation

PRE-OPERATIVE INSTRUCTIONS

Please provide a current list of all medications, vitamins, and herbal supplements you are taking.

Three weeks prior to surgery stop all non-steroidal anti-inflammatory medications (NSAIDS), and arthritis medications. If you have questions please ask the doctor.

Smoking: No smoking for three months before and three weeks after surgery. Smoking will result in poor wound healing.

Meds: Notify us if you routinely take any medication. If you are taking medications for any condition (i.e. heart, blood pressure, diabetes, seizures, etc...) please take these as usual.

Illness: If you develop any symptoms of a cold, cough, or infection, call our office for advice.

Bra: Our office will provide two bras to wear after surgery. Wash in mild detergent and bring to the surgery center on the day of surgery. This should be worn at all times except for bathing to provide support and resolve swelling.

Fasting: Do not eat or drink anything after midnight the day before surgery.

DAY OF SURGERY

1. Shower and shampoo the morning of surgery and report to the surgery center at the designated time.
2. Do not bring jewelry or valuables with you.
3. Wear loose comfortable clothing. Bring your bra to the surgery center the day of surgery.
4. Someone must drive you from the surgery center. Also a responsible adult should stay with you the first night home.

POST-OPERATIVE INSTRUCTIONS

1. Rest at home for the first 24 hours after discharge. Sleep on your back with your head on two pillows. Try to move your arms over your head frequently.
2. You may experience discomfort for the first day or two. A prescription for pain medication will be provided. Do not take the medication on an empty stomach as it may cause nausea. You may apply light ice packs (plastic bags with ice cubes) over the bra. This will help with discomfort and reduce swelling.
3. Wear your support bra at all times, except for bathing; you will be more comfortable with support. After three weeks you can wear other bras, but keep in mind your swelling will continue to decrease and your final bra size may vary.
4. Showering and shampooing is allowed as soon as you are home. After the dressings are removed in the office, wash suture lines daily with soap and water. You will not have drainage tubes.

5. Do not apply lotion or Vitamin E to the sutures lines. Keep the white tapes (steri strips) in place until they fall off. Scar care instructions will be given 2-3 weeks after surgery.
6. Avoid strenuous exercise such as jogging, running, or aerobics for three to four weeks after surgery. Walking is good exercise. You may drive within several days of surgery when you feel comfortable. You can resume sexual activity when you feel it is appropriate.
7. Your sutures are dissolvable. Keep the white paper strips in place as long as they will stay in place.
8. You may experience some bloody drainage from the incisions. Use gauze pads, sanitary pads, or nursing pads to avoid soiling your clothing. Sterile dressings are not necessary.
9. Despite the greatest care, any wound can become infected. If your breast becomes more swollen, red, starts to drain profusely or becomes increasingly more painful, contact our office for advice.
10. Numbness of the breast skin or nipple area is sometimes evident for a variable amount of time.
11. Your skin will be more sensitive to sun exposure for several months following surgery. Use of tanning beds directly on breast skin should be avoided.
12. Do not have any dental work, including a routine cleaning, or a colonoscopy for 3 months following surgery. There is an increased chance of infection in the breast.

THINGS TO REPORT TO OUR OFFICE

1. Severe pain unrelieved by medication.
2. Temperature of 100 degrees or greater.
3. More swelling and/or pain in one breast than the other.
4. Nausea or vomiting.
5. Marked discoloration of the nipple area.

Should any of these conditions exist, or should you have concerns about your surgery, call the office at 717-728-1700 or Dr. Stratis on his cell number 717-574-2116.