



## Post-Operative Instructions: Breast Augmentation/Mastopexy

### Instructions

- If you are having General Anesthesia, do not eat or drink anything 8 hours prior to your procedure.
- You are able to shower the night before procedure or the morning of. Scrub your breast with Hibiclens antibacterial soap (reduce risk of infection).
- Do not wear any makeup or body lotion day of procedure.
- Wear comfortable button down or zipped top/blouse (it's easier to get changed after surgery).
- Do not drive or operate heavy machinery for at least 24 hours after your procedure, or for as long as you take prescription pain medication. Do not make any important decisions, either, as the medications may interfere with your judgment.
- Extreme pain (not controlled with prescription medication) is not normal, especially if localized to one area. **Please notify the office immediately (310) 887-9999. Call your doctor directly if it is outside office hours.**
- If your temperature rises above 101.0° F **please notify the office immediately.**
- Sleep with your head elevated at a 45 degree angle to reduce swelling for 1 week. We recommend using a recliner or 2-3 pillows.
- Try to ice your breast every other hour, for the first three days. **Do NOT ice your breasts if you had a Breast Lift(Mastopexy) with or without Augmentation.** Obtain large bags of frozen peas or corn. You can place in a pillow case and then apply onto your breast. They will conform to your breast like a bean bag and you can recycle the bags in your freezer when thaw out.
- After 48 hours, you can remove your surgical bra to shower, and then put it back on. You should wear this all the time until instructed by the doctor.
- No heavy lifting, bending over or straining for 1 week. Light walking is okay, but wait 1 week for brisk walking. Avoid strenuous exercise and upper body weight lifting for 6 weeks.
- No alcohol for 2 week prior to your procedure or for 2 weeks afterwards.
- No smoking for 4 weeks before and after your procedure. Nicotine gum or other nicotine-containing products can also interfere with healing. Please notify your doctor if you are using nicotine products. Highly consider Hyperbaric Oxygen Therapy.
- If you are having General Anesthesia, stopping hormonal birth control 2-4 weeks prior to procedure can decrease the risk of blood clots.
- Take Bromelain and Arnica before and after your surgery, this may reduce swelling and bruising.
- The tape on your breast will fall off on its own, they help the incision heal. Your doctor will give you instructions on how to massage your breast after your procedure.
- No herbs, supplements, or additives for 2 weeks prior to your procedure. Especially aspirin, Omega-3, vitamin E, fish oil, and NSAIDS. See "Product to Discontinue" sheet for the full list.