

# Breckenridge Surgery Center

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## Breast Augmentation

### Pre-op and Post-Op Instructions

Please read **ALL** the instructions outlined below.

#### Pre-Op Instructions:

- \* Stop all aspirin products, female hormones (including BCP's) and herbal medications 10 days prior to surgery. Vitamins in standard doses can be continued through the date of surgery.
- \* Wash the surgical areas daily with the antibacterial soap (Hibiclens) starting 3 days prior to the surgery (however do not use on the face: body only)
- \* Please let your surgeon know if you have a history of post-operative nausea and vomiting. You may be given preop medications for nausea (scopolamine, emend). Please take them as instructed.

#### Post-Op Instructions:

- \* You **MUST** have someone available to drive you home after surgery.
- \* It is important that you have another responsible person available to assist you for the first 2-3 days after surgery.
- \* It is extremely important that you take short walks every 1-2 hours in your home up until bedtime to prevent clots in the legs. We want this to start **THE NIGHT OF SURGERY!**
- \* Many patients do well with prescription strength Motrin for pain, but frequently a stronger pain medication (such as Hydrocodone) will be prescribed. We do not want you ever taking more than 8 tabs per 24 hours. We would like you to taper this medication starting 3-5 days after surgery to perhaps one tab every 4-6 hours. This medication will cause constipation and the best treatment for the constipation from this medication is to get off the medication as soon as possible. **Please use as prescribed.**
- \* Slight temperature elevation during the first 48 hours after surgery is a natural consequence of the body's reaction to surgical trauma. There is Tylenol in your pain medication that should control mild fevers. If the temperature is over 101, most of the time the cause is not walking or doing the incentive spirometry breathing treatments enough. Call us if your temperature stays higher than 101.5 for more than 8 hours and does not respond to walking, deep breathing and coughing.
- \* You may go without a bra. If you choose to wear a bra it should be a loose-fitting, non-underwire bra for the first 6 weeks after surgery.

#### Activities:

- \* No strenuous exercise for 3 weeks

- No lifting >10 pounds
  - No aerobic activities (treadmill, bike, aerobic classes)
  - Do not increase your heart rate over 100 beats per minute
  - No weight lifting for 6 weeks (arms, chest, shoulders)
- \* Remember to take brief walks every hour during the day, this will help to reduce swelling and decreases the change of blood clots.
  - \* Work may be resumed in 1-3 days depending on how you feel and job requirements. Ask your physician.
  - \* Do not drive within 6 hours of taking pain medication.
  - \* You may resume “normal activities,” such as, shopping and light chores as tolerated, usually within the first 3 days
  - You may resume sexual activity when it is comfortable to do so. This is typically 1-2 weeks after surgery. It is important to avoid direct pressure to the breast skin during the healing process for the first 4 weeks.

**What to Expect:**

- \* Dressings will be removed at your first postoperative visit
- \* You can begin showering 24 hours after surgery. Do not soak your incisions in a tub or pool for 2 weeks.
- \* It is very common to have altered sensation of your breasts, and this usually returns to normal within a few months
- \* Your first appointment after surgery will be within 5-10 days.
- \* It is normal to experience pulling or pinching sensation for weeks and sometimes months after surgery.
- \* Swelling is to be expected for several weeks.
- \* It is normal to feel like the implants are not part of your body. It takes 3-4 weeks for your breasts to soften and feel more natural
- \* You may hear some sloshing or squeaking around you implants in the first 4-6 weeks after surgery, especially with airline flights.