

Breast Augmentation

Patient Care Instructions

General Information

Breast augmentation is one of the most frequently performed cosmetic procedures in the world. Breast augmentation surgery is done to increase the size of the female breast. There are different surgical techniques that can be used to perform breast augmentation. The most common incision is the inframammary (underneath the breast). Both saline and silicone gel implants have been proven safe for breast augmentation by the FDA. Modern silicone gel resembles gummy bears. This gel is believed to prevent silicone migration once the outer shell of silicone has worn out after many years after implantation.

Pre-Operative Guidelines

Smoking should be stopped a minimum of 4 weeks prior to surgery. Smoking should be avoided for at least 4 weeks after surgery as well. Smoking can greatly interfere with healing and lead to postoperative complications.

Do not eat or drink anything after midnight the night before surgery. This includes no water, gum or hard candy. Blood pressure and/or heart medications can be taken with a sip of water as directed by your prescribing physician.

If you take medication for diabetes, then confirm with your prescribing physician how to manage these medications prior to surgery.

If you are prone to nausea or motion sickness let your anesthesiologist know on the day of surgery. Medications can be started prior to surgery or during surgery to help improve your postoperative experience.

Post-Operative Care

You will be prescribed medications after surgery. Pain medication should be taken as prescribed in order to keep you comfortable enough to keep moving. Often this medication is necessary for the first two days and then on an as needed basis. Do not drink alcohol with this medication, and do not take it on an empty stomach.

Ibuprofen (Motrin) can be started the day after surgery

Take a stool softener/laxative, such as Colace, Biscodyl, or Milk of Magnesia, until bowels begin to function normally after surgery. A combination of anesthesia and pain medication usually makes this necessary for a few days.

Do not smoke or be around smoking as even second hand smoke delays healing and increases the risk of complications.

You may resume a normal diet after surgery. Do follow a well-balanced diet and drink plenty of fluids.

You will be placed into a surgical bra, which should be worn as much as tolerated. You can expect some minor swelling, numbness, and bruising of the breast. Wearing a soft support bra (or ace wrap), even at night, may help ease any discomfort, but is not required. You may wear a sports bra, but no underwire for 4-6 weeks. Do not wear anything that is tight or uncomfortable. A garment that leaves marks on the skin is too tight. Do not use a heating pad; heat may burn the area.

Activity Restrictions

Walking is encouraged shortly after the operation and can be increased over the first 2 weeks. Light cardiovascular exercise can be gradually resumed after 4 weeks with all activities to be resumed at 6 weeks.

For the first 24 hours, keep your arm movements to a minimum. Your arms should not be used to support your body or to lift heavy things. Raising your arms to 90 degrees is encouraged

Do not lift anything heavier than 10 lbs. for 4 weeks.

Do not drive for approximately 7 days or until you are no longer taking oral pain medications.

Do not run, lift weights, play tennis or golf for 6 weeks after surgery.

Heavy lifting/stretching (Yoga) can be resumed after 6 weeks.

Incision Care

You may have skin glue over your incisions after surgery that are waterproof and will protect the incisions for 3 weeks. You can shower beginning 24 hours after surgery if you have skin glue for dressing.

If you have tape placed over your incisions do not shower until 48 hours after surgery. The tapes in place will begin to lift on their own. Otherwise follow directions as noted above.

Dressings are to remain in place until seen in clinic.

Post-Operative Expectations

It is not uncommon to have discomfort of the breast and mild burning around the incision. It will improve shortly after surgery.

Tightness of the breasts is a normal feeling after this surgery. This may worsen over the first 2 days, but will relax with time.

There may be a feeling of numbness of the breasts that will subside with time.

When to Call the Office

If you have increased swelling and bruising of one breast significantly more than the other. Remove the bra to make this determination. This may represent a hematoma (a collection of blood) or a seroma (collection of clear fluid).

If you have swelling or redness around the incision.

If you have severe pain not relieved by pain medication.

If you have any side effects from medication: rash, nausea, headache, vomiting.

If you have fever over 101.

If you have yellow or green drainage from an incision or notice foul odor.

If you notice some vaginal burning and itching as a result of the antibiotics used during and after surgery.

For medical questions please call 817-702-9100 or JPS patients call 817-702-8300 or send a message via myChart.

Follow-up Care and Appointments

You will be seen approximately 1 week after your surgery. If for some reason you do not have an appointment scheduled please call 817-702-9100 JPS 817-702-8300.