



ARMANDO J. ALFARO, M.D., FACS

PLASTIC & RECONSTRUCTIVE SURGERY

BREAST AUGMENTATION AFTER CARE INSTRUCTIONS

- 1. Gauze dressings will be placed on your breast and covered with an elastic bandage. These are removed the following day after your surgery. Following this a soft support brassiere without under wire should be worn during the day for two weeks to support the breasts.**
- 2. While resting, keep your head and shoulders elevated on at least 2 pillows for the first 24 hours.**
- 3. Some soreness, pain and feeling of discomfort are almost routine immediately following surgery.**
- 4. For the first 48 hours keep your arm movements to a minimum with your elbows close to your body. Your arms should not be used to support your body or lift anything heavy. Do not push with your arms to lift yourself in bed.**
- 5. Avoid any strenuous exercise for four weeks. Full activity may be resumed at this time.**
- 6. You will be prescribed pain medication following your surgery. Take the medications as needed for pain.**
- 7. You will be prescribed a anti-nausea medication following surgery. Take the medication as needed for nausea or vomiting. Discontinue the use of pain medications until nausea or vomiting is under control.**
- 8. If the implants are placed under the muscle, you will be prescribed a muscle relaxant (Soma). Take one every 8 hours for the first week.**
- 9. You will have a clear skin glue dressing (Dermabond) or steri-strips over your incision. This will protect the incision for 7-10 days. You can shower with the dermabond or steri-strips 24 hours after surgery.**
- 10. To decrease the incidence of breast capsule formation, we recommend breast massage exercises. This should start as soon as you are able to do so without pain, usually 3-5 days after surgery. Simply push the implants up toward your collar bone and in toward you sternum. Repeat this 10 times, 3 times daily for 6 months. You do not need to get undressed to perform these exercises.**
- 11. You will initially feel like your implants are too high and too large. This will resolve over the first 4-6 weeks post operatively.**
- 12. Sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.**
- 13. If you have any questions during office hours, please call our office at (520)-323-9720. After hours and on weekends, you may call our emergency number (520)-570-7023 and the operator will contact Dr. Alfaro immediately.**