

## After your Breast Augmentation with Lift

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### Instructions and Information from Dr. Dauwe

When you leave the surgery center you will be drowsy following surgery- we have given you medications to help make you more comfortable. Please go home and take a 2 hour nap.

Once you wake from your nap, please make sure to eat something substantial. Crackers are not enough. If you wake feeling nauseous, it is usually because you took your medication on an empty stomach, you are not drinking enough fluids and are becoming dehydrated, or your blood sugar is low and you need to eat.

You have been given a prescription for pain medication. Please take a pill after your post nap meal and another before bed the evening of surgery (preferably after you have kept something in your stomach to avoid stomach irritation). If the pill disagrees with you in any way, simply try Extra-Strength Tylenol. If for any reason you are experiencing significant pain, please notify the office.

The surgery center nurses will show you how to do a series of arm raises before you leave the surgery center. These exercises consist of raising your arms above your head in a slow moving jumping jack motion and touching the back of your hands together. Your goal should be to do a set of 10 of these every 30 minutes that you are awake. Continue with these arm raises into the second day. Once you feel you are moving normally enough you can drop the hourly routine.

You received antibiotics in your IV prior to surgery, and a prescription to take after surgery. Infections following any type of plastic surgery are extremely rare. Infection is usually not apparent for several days following surgery. If you notice significantly increased redness or swelling accompanied by tenderness or fever at any time call so that we may examine you. It is normal to experience a low grade temperature up to 101<sup>0</sup> after surgery. If your temperature elevates above 102<sup>0</sup>, please notify the office.

Your incisions will be covered with tape. Please leave this in place for two weeks. You may have gauze covering the tape after surgery- this dressing can be removed 48 hours after surgery.

You may feel a bit "stiff" when you first awake in the morning following surgery. Take 800mg of Ibuprofen upon waking. Then wait 30 minutes, and hop into the shower and start your arm raises again. All of your incisions have been carefully reinforced so that anything short of drastic athletic activity will not affect them. Please go ahead and move around without fear of disrupting anything.

For the first 2-3 days following surgery, there will be a slight amount of drainage from the incision lines onto the dressing. If any drainage continues after the dressing is removed, simply place a folded gauze pad beneath your breast inside of your bra, or if you prefer not to wear a bra, simply wear a washable sweatshirt or loose fitting garment and tape the gauze pad to the area which is draining.

It is not necessary to wear a bra following surgery. Some patients, however, find that they are more comfortable in one. You may certainly experiment with which feels best and works best for you.

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Remember the shape of your breast will change gradually over the first 6 weeks. Please wait 3 months before getting professionally measured and fitted for new bras.

All of your “stitches” have been placed beneath the skin to avoid any marks on the skin. These will dissolve over a period of weeks, and can be completely ignored. Small strips of tape will be over your incisions. They may be stained by drainage from the incision initially, but should be left in place until they begin to come loose at the edges. You may remove them at home 2 weeks post-surgery, or we’ll be happy to remove them for you in the office.

It is very important for you to resume all of you normal activities such as raising your arms and caring for your hair as much as possible. Although you may feel some slight tightness with some arm motion, you cannot harm your breast in anyway. In fact, you will recover more rapidly if you resume normal activities. All of your incisions have been closed with multiple reinforced layers of stitches- and normal activity will not place you in any danger of affecting these closures.

Please avoid any type of aerobic exercise (which elevates your pulse rate over 100) for two weeks following surgery. You may gradually resume your exercise after two weeks, and remember to wear a good supportive “job bra” whenever you are exercising. You may resume weight lifting 3 weeks after surgery.

You may shower normally as soon as your dressing is removed. Wetting the incisions or tapes by showering will not harm the incision areas in any way. Simply pat dry the area when you have completed your shower. Do not submerge the incisions for bathing for at least 6 weeks following surgery.

As we discussed prior to surgery, you will have areas of your breast which will have decreased sensation to touch after surgery. This is normal, and as swelling subsides and the skin nerves regrow, sensation will return.

After your tapes have been removed, you will notice that there will be a small ridge along the incision lines. These ridges are normal and necessary to achieve the best long-term scar results. They will flatten and soften over a period of time. You will also notice some redness to the incision itself. This will subside over the first few months. Please do not use any scar treatment on your incision without checking with the office first.

Remember that the degree of swelling will be different on the two sides even though we have performed the exact same surgery on both sides. Don’t worry about any differences in swelling or bruising you will see in the first three weeks after surgery.

Please call the office within 24 hours of returning home to update us on your progress and to schedule a post-operative visit.

If you have additional questions or should any problems arise, please contact the office immediately by phone at 214-821-6580