



POST-OP INSTRUCTIONS BREAST AUGMENTATION / BREAST LIFT WITH AUGMENTATION

Pain and Discomfort

Following the surgery you may feel some pain and discomfort, but this is generally well controlled with pain medication. Some patients may experience nausea and vomiting after anesthesia. This usually lasts less than 24 hrs and should be treated with lots of fluids and rest.

Pain Pump You may have a local pain relief system that delivers numbing medicine automatically to your surgical site. The pump connects to a thin catheter which can be easily clipped to your clothing or can be carried in a small case. After the medicine is dispensed we will remove the pump in 2-5 days.

Garment and Swelling

Maximum swelling is usually seen at about 3-5 days. Most swelling and bruising will resolve within 2 weeks. Should there be any unusual swelling in the first 48 hours, meaning if one breast is more swollen and more painful than the other then you should contact the office. For breast Augmentation patients leave the ace wrap in place until you first post op visit.

Incision care

You may shower after your first post op visit (2-3 days). When taking a shower, remove your garments but leave the small white tapes that cover your incision. These are called steri-strips; they can get wet but should not be removed. After your shower, gently towel yourself dry (do not rub the steri-strips) and then put your support bra back on. Do not submerge in a bath, pool or whirlpool for 2 weeks. Dr. Polynice closes all incisions with internal, absorbable sutures; therefore sutures do not need to be removed after surgery

Activity and Exercise

You should start walking immediately after surgery. After the first week you can resume your normal daily activities but avoid heavy lifting or strenuous exercises. You may resume upper body training such as push-ups and weight lifting after 6 weeks. You should avoid sexual activity for one week. Also avoid anything but gentle contact with your breasts for about six weeks.

Massaging

It is very important to massage the breasts to keep the scar tissue that naturally forms around the implants as soft as possible. You should start doing these exercises at two weeks if the breasts are not too sensitive. The breasts should be massaged inward and downward in soft circular motions. You should perform these massages 2 to 3 times per day for the first three months.

Sleeping

It is best to sleep on your back or your side for the first 4 weeks, however if it is not too uncomfortable to sleep face down, you may do so without any danger or risk to the implants.

DON'T TAKE ANY CHANCES! If you are concerned about anything you consider significant, please call the office at **518-786-7000**.

It is very important to keep all Post op appointments.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.

Alain Polynice, M.D

Patient Name _____ MD _____

Relationship _____

Nurse _____