

CENTER FOR PLASTIC & COSMETIC SURGERY
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BREAST ENHANCEMENT / BREAST ENLARGEMENT (Augmentation Mammoplasty)

You are about to undergo a Breast Augmentation procedure. The following is an instruction sheet to help guide you through your recovery. Doctor Fedele strives to educate each patient thoroughly about their procedure and what to expect during their recovery. The staff at the Center for Plastic and Cosmetic Surgery are here to help and provide a supportive environment in which to ask questions or concerns that might arise. Please review the following instruction sheet and write down any questions that you may have. Doctor Fedele and his staff want to make sure that you are comfortable with the procedure and have all of your questions answered.

PRE-OPERATIVE INSTRUCTIONS:

- This procedure lasts approximately one hour. You will spend about an hour to an hour and a half in the recovery room. You will be discharged home when stable.
- You must have someone drive you home and stay with you during the first 24-hours following the surgery.
- Do not take aspirin or aspirin products (Ibuprofen, Vitamin-E or herbals) for three weeks prior to the surgery.
- If you are a smoker, you should stop smoking at least three weeks prior to the surgery and for three weeks after the surgery. Please note: Smoking increases your risk for infection, scarring, delayed healing or skin loss and wound healing problems as well as an increased risk of anesthesia.
- Doctor Fedele can have your prescriptions for you prior to your surgery so that you can get them filled before the day of your surgery. This will make it easier for you immediately following the surgery and save any running around to fill prescriptions after your surgery.

DAY OF SURGERY EXPECTATIONS:

- Discomfort after the surgery is controlled with pain medication and muscle relaxant.
- Narcotic pain medications can sometimes cause constipation. An over-the-counter stool softener (Colace) is recommended if you are prone to this.
- Some nausea is normal in the first 24-48 hours following surgery. The surgery center can give you something prior to leaving. However, if you continue to experience nausea or vomiting, please contact the office to obtain a prescription for anti-nausea medication.
- You must wear a post-operative bra that will help support the breasts. You must wear this bra, a sports bra or other comfortable bra with no underwire or push-up, 24 hours a day for six to eight weeks.
- The white Band-Aid strips called steri-strips, along the incision, can remain in place until they peel off or until your first postoperative visit.
- Any other dressing on the operative site should be changed within the first day.

PRECAUTIONS

- If you experience any of the following, please call the office immediately and have the answering service contact Dr. Fedele: extreme pain, significant swelling (twice the size) on only one side, one side is twice as hard as the other, fever, chills, or a "hot-to-touch" sensation, significant redness.

RECOVERY EXPECTATIONS

Week 1

- Expect the swelling and discomfort to be the greatest in the first three to four days after the surgery. The breasts will likely be larger, now during the first week than they will be overall. The breasts may also appear slightly higher on your chest. Do not be concerned about the size and position of the implants because of swelling. The implants will settle into their final position approximately 3 to 6 months after the surgery.
- It is best to sleep on your back to keep the pressure of the breasts with support under the arms for comfort.
- You may shower the day after the surgery. Pat the steri-strips dry. Tub bathing is not permitted.
- Do not drive while on narcotic pain medication. You may resume driving when you are off narcotic pain medication and can comfortably sit in the car.
- You can change to extra strength Tylenol or Motrin (600 mg) every 6 hours as needed for pain when the pain has decreased.
- Nipple sensation can change temporarily, secondary to swelling and the stretching of nerves. Either numbness or hypersensitivity can also occur temporarily. This usually returns to normal within 3 weeks to 3 months.
- No strenuous activity, heaving lifting or aerobics exercises for 3 to 4 weeks after the surgery or until you have no discomfort.
- You can return to work within 5 to 7 days if your job does not require a lot of physical exertion.
- Make an appointment with our office within the first week. At that time, we may remove some stitches and give you further instructions.

Week 2 and Beyond

- Expect bruising and swelling for 2 to 3 weeks.
- Walking is okay within the first 2 weeks; exercise after 3 to 4 weeks.
- You may wear an underwire bra 6 weeks after surgery if you desire.
- You may experience on one side or the other over the first 3 to 6 months as the implants settle. This may be sharp or like an “electric shock” type of sensation but this will eventually go away.

Postop-breast enlargement