

ASSOCIATES IN PLASTIC SURGERY, INC.

BREAST AUGMENTATION OUT-PATIENT SURGERY POST-OPERATIVE INSTRUCTIONS

1. Use your medication as ordered.
2. Call your doctor if you notice any excessive swelling, bleeding or soreness, particularly if you notice the difference in only one breast.
3. It is important that you stay quiet for the next 24 hours as excessive activity may cause bleeding to occur.
4. You should cautiously engage in any strenuous activities to avoid unnecessary discomfort. Let the level of discomfort guide your level of activity. Generally, after 3 weeks, any previous activities may be resumed.
5. Sleep on three or more pillows. This will help decrease soreness and swelling. Rest is important. If you cannot rest comfortably in an elevated position, assume whatever position is comfortable. This may increase the amount of swelling marginally. The swelling will always eventually subside.
6. You may sleep on your side if it is more comfortable for you.
7. You may sponge bathe but be certain not to get your dressings wet. They will be changed in the office in the first few post operative days. You may shower after the dressings are removed.
8. Some drainage is not unusual. You may remove the dressing if it becomes soiled and replace it with a clean dressing. Unscented sanitary napkins or maxipads are a good source of clean dressings. Contact our office or the physician if the drainage is excessive.
9. You may drink liquids when you arrive home. By evening you may have a light meal.
10. Do not drink any alcoholic beverages—beer and wine included— for 48 hours. They do not mix with anesthesia and may make you very sick.
11. Do not drive your car or do anything that requires your coordination for 48 hours. The medication and/or anesthetic agents may interfere with good judgment.
12. Do not smoke after surgery.

13. Patient must not be left alone for 24 hours.
14. Anesthesia can sometimes delay the bladder function and your ability to urinate. If you are unable to urinate within 6-8 hours of arriving home, please call the office or the on-call physician.
15. Point and flex your toes, bend your legs at your knees every fifteen minutes while you are awake to promote circulation in your lower extremities.
16. Due to inactivity after your procedure, please remember to take a couple deep breaths and cough to promote good oxygenation every 3-4 hours while awake.
17. Do not hesitate to call the doctor=s office at 491-3535 if you have any questions about your surgery. The nurse will be glad to assist you in any way possible. If it is necessary for you're to contact a doctor after 5:00 PM, when the office is closed or on the weekend, please call the doctor=s answering service at 491-3535 and the physician on call will be contacted to assist you with any problems or questions.
18. Return appointment: _____

The above post-operative instructions have been explained to me by _____
and I completely understand them insofar as possible.

Patient Signature _____