

## Cosmetic Surgery Associates of New York

### **BREAST AUGMENTATION POSTOPERATIVE INSTRUCTIONS**

**Below materials are general guidelines. Each patient is different and each procedure is unique to that patient. All aspects of your postoperative care will be discussed with you by your surgeon and modified to your particular case.**

- 1) Please have someone available to drive you home from the office and remain with you the first night after surgery. **You do not need medical care, only "TLC."**
- 2) After surgery, you will have a small dressing across the incision site. Under the outer dressing, there are steristrips (small white bandaids). **You may shower approximately 36-48 hours after surgery (remove outer dressing; leave steristrips – they will fall off when ready).** In addition to the small dressing, you will also have a bra or velcro strap located along the upper breasts. The bra or strap is meant to stabilize the position of the implants and should be worn until your first postoperative visit unless instructed otherwise. **DO NOT ICE YOUR BREASTS (it does not help!).** **Massage of your breast implants will be discussed at your postoperative visit.**
- 5) Sleep on your back. **Bruising and pain should be minimal. Sutures will dissolve and do not require removal.** Drains are not used for routine breast augmentation surgery.
- 6) **Take all prescribed medications** given to you (pain meds, muscle relaxants and antibiotics).
- 7) Drink plenty of fluids. It is easy to become dehydrated after surgery.
- 8) Most patients have minimal discomfort and pain immediately after surgery. **Do not overdue your activities.** You should not return to the gym for two weeks; however, it is ok to resume normal daily activities when you feel up to it. If you are not sure if you should do something, do not do it (or call the office).
- 9) **You can drive yourself when you feel it's safe and comfortable.** If you feel a little stiff, you may have difficulty doing the things you need to do when driving. Play it safe and use your own judgment. You cannot drive if you require pain medications other than Tylenol.
- 10) Do not be alarmed if there are slight differences between the breasts. It takes time for them to even out. Most of these changes are the result of differences present preoperatively and different degrees of swelling between the two breasts.
- 11) Avoid direct sun exposure to your breast for three weeks after surgery.
- 12) **Any type of plastic surgery will leave permanent scars. All scars will be present for your lifetime no matter how precise the skin closure is performed during surgery. It is important to realize that all scars are permanent and their final appearance are not predictable in advance.**

13) Call immediately if you experience any of the following: Fever > 101.0, shakes and chills, severe unrelieved pain, bright red blood from the incision site or sudden onset of significant swelling.

**FOR ROUTINE QUESTIONS, CALL THE OFFICE WEEKDAYS BETWEEN  
9 AND 5. FOR AN EMERGENCY, TELEPHONE ANYTIME, 914-761-8667**