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Instructions for Home – Primary Breast Augmentation

- **Activity**: Progress your activity as tolerated. For the next 24 to 48 hours, try to have a responsible adult with you so that you can have help getting up and getting to the bathroom. Practice breathing deeply on the hour.
- Limit lifting to 10 lbs. for the first 10 days; 20 lbs. for the first 20 days. In general, the elbows shouldn't be raised much above the shoulders for 3 weeks. You may drive in one week, or as prescribed by Dr. Altman
- **Diet**: Progress to the food that you normally eat
- **Bandages and Dressing on the surgical site: DR. ALTMAN WILL HELP WITH DRESSING CHANGE 24 HOURS AFTER SURGERY.** You will be placed in a surgical bra the day after surgery. The following day, which will be 48 hours after surgery, you may shower. Just pat incisions dry and leave tapes in place. No bathing or soaking incisions for two weeks.
- **Skin**: If your skin on the breasts is itchy, tomorrow you can obtain 1% hydrocortisone cream, over the counter, and apply it a few times a day.
- Take **pain medications** as directed. The Percocet (Oxycodone) can cause nausea and constipation. Make sure you have some food in your stomach every time that you use it. Some patients use Gaviscon(antacid) to coat their stomach. Zofran (Ondansetron) is available as a rescue drug for nausea. You may use one tablet under your tongue every 10 to 12 hours to treat nausea. However, **Dr. Altman would like to be informed if you require this medicine.** Colace, which is over the counter, is helpful for constipation. The pain medicines will make you sleepy. Do not exceed recommended dosing. Avoid Aspirin and Ibuprofen for the next week. If you cannot tolerate the Percocet – then you may use plain Tylenol (Acetaminophen) with a limit of 3500 mg per day.
- **Antibiotics**: In general, antibiotics are not prescribed after surgery.
- Practice breathing deeply every hour
- Wiggle your toes and bend your feet toward your face every hour
- Please call the office for a **follow-up appointment** the next day and 5 days after surgery
- Keep in mind that the most swelling should occur at 2-3 days after surgery. Initially, the implants tend to ride too high and it takes many weeks for the final shape to occur.
- Typically, sutures are removed after 5 or 6 days, sometimes longer if there is a lift. You will be instructed on a massage exercise when the sutures come out.
- **YOU MUST HAVE AN ADULT WITH YOU CONTINUOUSLY FOR the first 24 HOURS**

Call Dr. Altman if you have any problems.

Whereas an extreme emergency is exceedingly rare, If you have sudden severe chest pain or shortness of breath call 911 and then call your doctor(s).