

Breast Augmentation

Postoperative Instructions

DIET

You may eat a normal diet. However, start with clear liquids and bland foods such as toast or crackers and advance to more normal food as tolerated.

ACTIVITY

Sleep on several pillows so you are propped up. Also pillows under your arms will help with the discomfort. You will find this helpful for a few days after surgery.

Do not sleep on your stomach for 4 weeks.

No heavy lifting (more than 15 pounds) for 4 weeks. No strenuous activity for 4 weeks. You may begin light exercise 2 weeks after surgery. Avoid lifting your arms for prolonged period for the first 2 weeks after surgery.

WOUND CARE

Leave your dressing on. It will be removed at your first postoperative visit.

You may shower after the first postoperative visit. The incision can get wet; just towel pat the area dry. Avoid swimming pools, bathing and soaking your incision for at least 6 weeks after surgery.

You will need a cotton bra (no underwire bras) after surgery.

No underwire bras for 4 weeks.

Begin wearing the breast strap (if you have one) as soon as the tenderness eases off enough.

Your sutures dissolve. However, suture stands at the ends of the incisions may be present. These will be trimmed at your postoperative visit.

MEDICATIONS

Take the pain medicine as prescribed. For the first 24 to 48 hours you will be more comfortable if the medicine is taken on a regular schedule rather than waiting long periods between doses.

Start antibiotics the day after surgery as instructed

WHAT TO REPORT TO YOUR DOCTOR

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| <ul style="list-style-type: none">● Unusual or severe pain unrelieved by your medication.● Excessive bleeding or continued bleeding not decreasing over time● Excessive swelling and or redness of the surgery site | <ul style="list-style-type: none">● Persistent vomiting● Discomfort from a full bladder or have not urinated in 8 hours● Temperature over 101° F |
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FOLLOW-UP APPOINTMENT

Your follow-up appointment with Dr. Mark Leyngold is scheduled for_____.

For any problems, concerns or questions, please CALL THE OFFICE at (208)900-4673. Follow the instructions for the doctor on call. If you feel your symptoms are an emergency, go to the Emergency Room closest to you or call 911.

BREAST AUGMENTATION: A GUIDE TO YOUR PRESCRIPTION MEDICATIONS

BRA: Zip or snap front bra, no underwire, to be worn full time 24/7 2-4weeks. You will be given a bra to wear.

BREAST STRAP: If needed, will be given to you at pre op clinic appointment. **Please bring to surgery.**

Medications after surgery: Take as directed:

Prescription:

CELEBREX (Celecoxib) 200mg: One tab by mouth two times daily.

NEURONTIN (Gabapentin) 300mg: One tab by mouth three times daily.

Over the Counter:

TYLENOL (Acetaminophen) 1000mg: 1000mg by mouth every eight hours.

IF pain is uncontrolled with the above medication:

Prescription:

OXYCODONE: 5mg : One tab by mouth every 6-8 hours as needed for breakthrough pain.