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DISCHARGE INSTRUCTIONS AFTER AUGMENTATION MAMMOPLASTY

- You may shower 48 hours after your surgery. The stitches can get wet. Just pat them dry.
- If you have steri-strips, please leave these on until they are dangling by a thread. If you have dermabond glue, please do not apply any ointments as this will dissolve the glue permanently.
- You may drive when you are no longer taking pain medication and feel comfortable enough to do so.
- Do not do any strenuous arm exercises for 4-6 weeks after your surgery. You may do limited lower body exercises when you feel up to it (e.g. walking, treadmill, stairmaster) but **not** if it tends to make your upper body bounce (e.g. jogging, aerobics). Please wait a full 2 weeks before any strenuous exercises as you could bleed. I will guide you with your exercise limitations post-op.
- I will also instruct you how to move your implants to keep the pocket (capsule) looser at about 2 weeks. See post-op massage instruction sheet.
- Please call the office immediately if your breast skin starts to turn warm, red, tender or otherwise shows signs of infection.
- Please do not take any medication on an empty stomach as this can cause dizziness and nausea. In addition to this, be aware that all pain medications can cause constipation. The use of over-the-counter laxatives or stool softeners (Colace) is recommended post-op.
- Please avoid aspirin substances or any of the medications listed on your pre-op sheet for 2 weeks after your surgery as this will increase your risk of bruising and poor healing.
- You may find when you get home that you will have gained weight after surgery. This is simply from IV fluid and resolves in about 2 weeks. In addition, you will have some swelling of your torso. This is normal and will resolve as well.
- I will instruct you as to which kind of bra to wear, if any, during the recovery period.
- Please do not apply any creams or lotions to your incisions until cleared by the doctor.

- The best way for you to heal faster and feel better sooner is to walk every day as soon as you can. You can rest afterwards, but walking will keep you from losing muscle mass, prevent clots in your legs and bring your energy level back sooner. I will restrict you from aerobic exercise, but walking is advised.
- If after the first month you feel that your implants are feeling tighter rather than looser, come see me that week. You may be encapsulating.
- For five years after you have had an implant placed, you will need to take antibiotics just prior to dental work to prevent infection. We can call these into your pharmacy for you.
- Both Allergan and Mentor, the implant companies I use most, offer an optional Enhanced Warranty to **assist** in potential surgical and anesthesia costs should there be a future deflation issue. The cost to you is \$100, and I strongly urge you to take advantage of this as you would receive up to \$2,400, as well as a new set of implants, should a deflation occur. We will provide you with a pamphlet containing the application for this extended warranty at your pre-op visit. Either implant company will replace both implants for free should you experience a deflation later on, but to receive additional funds towards future implant replacement surgery, you **must** purchase the warranty and enroll in the program within 45 days after your surgery.
- **Smoking dramatically increases your risk of infection, poor healing and bad scarring. Please refrain from smoking for 1 month before and after surgery.**

PLEASE FEEL COMFORTABLE TO CALL OUR OFFICE IF YOU HAVE ANY CONCERN OR QUESTIONS. AFTER HOURS OR ON WEEKENDS, YOU CAN REACH THE DOCTOR BY CALLING 804-320-8545. **IN A TRUE EMERGENCY, CALL 911 IMMEDIATELY.**