

DISCHARGE INSTRUCTIONS AFTER AUGMENTATION MAMMOPLASTY

- **If you have steri-strips, please leave these on until they are dangling by a thread. Please do not apply any ointments as this will dissolve the glue holding them in place. Please buy Silicone Scar tape from Amazon.com to replace the Steri-strips when they fall off.**
- You may shower 48 hours after your surgery. The stitches can get wet. Just pat them dry. However, if you have an ace wrap, leave this on until your first post-op visit unless otherwise directed. You may shower after we have removed it.
- Please try to minimize your intake of narcotics, as they are nauseating, constipating and addictive.
- Please have over-the-counter laxatives at home in case they are needed.
- Please do not take any medication on an empty stomach.
- You may drive when you are no longer taking pain medication and feel comfortable enough to do so.
- You may do limited lower body exercises when you feel up to it (e.g., walking) but **not** if it tends to make your upper body bounce (e.g. jogging, aerobics). Please wait a full 3 weeks before any strenuous full body exercises as you could bleed. I will guide you with your exercise limitations post-op.
- I may also instruct you how to move your implants to keep the pocket (capsule) looser for about 2 weeks. This is called Breast Implant Massage (but is actually unproven!)
- Please call the office immediately if the skin on your breast starts to turn warm, red, tender or otherwise shows signs of infection.
- Please avoid **Aspirin, Ibuprofen**, 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 bleeding.
- 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.
- You will wear a breast band to lower the implants until we are happy with your implant position as they tend to “ride higher” initially under the muscle.
- Please do not apply any creams or lotions to your incisions until cleared by the doctor.
- Please do not use a heating pad or ice packs to the surgical areas.

- Singulair is FDA approved for asthmas or allergies, but there is good science that it prevents breast encapsulation as well. I will give you a prescription to take for 1-3 months.
- 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, prevents 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.
- Both Covid and the Covid vaccine have an unusual complication: sudden onset of breast encapsulation. Please take Advil or Motrin, or any other anti-inflammatories, and Singulair for three days before the vaccine and also for a week after Covid or the Covid vaccine.
- **Smokers heal poorly in terms of infection and wound breakdown, and you are advised not to smoke, vape, or use nicotine replacements for 6 weeks prior to and after your surgery. Nicotine screening may be necessary the day of surgery. IF THE TEST IS POSITIVE, YOUR SURGERY WILL BE CANCELED.**
- **WE REQUEST THAT YOU PICK UP YOUR MEDICATIONS IN ADVANCE OF YOUR SURGERY DATE; ADDITIONALLY, IT IS IMPORTANT THAT YOU REVIEW THE MEDICATIONS AND DISCHARGE INSTRUCTIONS WITH YOUR CAREGIVER.**

PLEASE FEEL FREE TO EMAIL DR. BLANCHET IF YOU HAVE QUESTIONS OR CONCERNS. IF YOUR CONCERN IS URGENT, PLEASE CALL THE OFFICE (804) 320-8545. IN A TRUE EMERGENCY PLEASE CALL 911.

PATIENT'S SIGNATURE

DATE

CAREGIVER'S SIGNATURE

DATE