**Post-Operative Instructions**

**Breast Augmentation**

Following your surgery, it is important that you follow Dr. Shaddix’s post-operative instructions very closely. If you have any questions regarding these instructions or any other aspect of your care, please call our office at (850) 476-7100.

* It is important to relax after surgery. You will have less energy than usual for the first few days, and you should not try to go back to your normal activities right away. Your body needs rest to heal. Depending on your job, you should be able to return to work after 2-3 days. However, many patients feel most comfortable taking a week off of work.
* For the first ten days after surgery, do not take aspirin or aspirin-containing products (Bufferin, Anacin, Excedrin, etc.). If you need medication for a headache or other pain, Tylenol is safe when taken according to the directions on the label. However, the pain medication prescribed by Dr. Shaddix contains Tylenol as well. It is NOT safe to take regular Tylenol at the same time you are taking the pain medication because of the risk of permanent damage to your liver. Please read all labels carefully and be aware of the amount of medication you are taking.
* When taking the pain medication prescribed by Dr. Shaddix, you should not drink alcohol or drive an automobile. This medication may also make you drowsy or give you an upset stomach. If this is the case, ask Dr. Shaddix about alternative medications.
* You will also have a prescription for a muscle relaxant as well. This may be helpful to take if you are having muscle cramping in your back, chest, neck or shoulders following surgery. If you are taking pain medication and a muscle relaxant, do not take them at the same time because excessive sedation may occur. You may space these medications out by approximately one hour to prevent excessive drowsiness and disorientation.
* Take your antibiotics until they are all gone.
* You should be walking around the evening following surgery to help prevent a blood clot from forming in your legs. However, walking, climbing stairs, sitting, and standing is all that you should do. No heavy lifting (anything greater than 20 pounds), exercising, running, bicycling, tennis, golf, dancing, etc. should be done until approved by Dr. Shaddix. These activities are generally allowed after 3 weeks.
* Wait about 1 week after surgery before having sex. Your partner must not touch your breasts for the first 3 weeks.
* The anesthesia you are given may make you nauseated during the first day after surgery. Therefore it is wise to drink liquids and eat only mild foods during this time (jello, mashed potatoes, soups). When you feel like it, you may resume your regular diet.
* You will be prescribed an anti-nausea medication for any nausea that may be caused by the lingering effects of anesthesia over the first few days after surgery.
* Dr. Shaddix will see you one or two days after your surgery to remove your light dressing.
* Dr. Shaddix typically places steri-strips over your incision. These are tightly adherent to your skin. These serve to protect the incision as it is healing. If these begin to peel off, you may gently clip any peeled up edges with a small pair of scissors. DO NOT pull them off of your incision, as this may result in bleeding and wound disruption. Dr. Shaddix will remove any remaining strips for you at your 3-week postop visit.
* It is safe to shower on the second day following surgery. Allow the steri-strips to get wet. Afterwards, pat the steri-strips dry.
* You may wear a soft bra such as the surgical bra Dr. Shaddix places in the operating room or a sports bra WITHOUT underwire. Avoid a sports bra that gives too much compression as we want your implants to settle into place
* Not everyone needs to massage their breasts after breast augmentation, although it does help in select cases. As Dr. Shaddix monitors your progress, he will instruct you in the proper way to massage your breasts if he feels this will help improve your results.
* Sauna and steam baths should be avoided for six weeks following surgery.
* Do not swim in a pool or the ocean for three weeks following surgery. Do not soak your incisions in a bath during this time either.
* Scars may become reddened before they fade. This is normal.
* Do not tan your scars for the first nine months following surgery because they may tan darker than the surrounding skin. This darkness, if allowed to occur, may be permanent. In general it is safe to begin using sunscreen on your incisions three weeks after surgery. Even if you are wearing a bathing suit, you should still cover your incisions with sunscreen during the first year after surgery. Tanning beds should be avoided for at least the first 3 months, and preferably for a full year after surgery.
* If you take regular medications, ask Dr. Shaddix when it is safe to resume taking them.
* If you develop a temperature, increasing pain, redness around the incisions, or drainage from the incisions of any kind, call Dr. Shaddix immediately on his cell phone number that will be provided to you on the day of surgery.
* Dr. Shaddix would like to see you 1-3 days after surgery, 1 week after surgery, 1 month after surgery, and then again at 6 months and 1 year.
* Please remember that we are here for you to answer any and all questions, no matter how small! If you have a question, it is likely that we have the answer.