

Post-Operative Instructions

Breast Augmentation

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

General

- You will need to arrange for someone to drive you home after surgery. It is sometimes helpful to have someone available to help you care for yourself for the first 24 hours after your procedure.
- It is important to relax after surgery. You will have less energy than usual for the first few days. You should be able to return to normal activities fairly quickly, but remember that your body needs rest to heal.
- Depending on your job, you should be able to return to work within a day or two with some duty restrictions.
- If you take regular medications, ask Dr. Shaddix when it is safe to resume taking them.

Medications

- For the first week after surgery, do not take aspirin, aspirin-containing products, or any NSAIDs (Bufferin, Anacin, Excedrin, Aleve, Ibuprofen, Motrin, many cough and cold medications, etc.).
- Please remember that the pain medication prescribed by Dr. Shaddix contains Tylenol. It is NOT safe to take regular Tylenol at the same time you are taking the pain medication.
- When taking the prescription pain medication, you should not drink alcohol or drive a car.
- The pain medication may make you drowsy or give you an upset stomach. If this is the case, ask Dr. Shaddix about alternative medications.
- 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.
- You will 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.
- Take your antibiotics until they are all gone.

Activity

- You should be walking around on the evening of 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) or strenuous activity is permitted in the first 3 weeks after surgery.
- For the first 2 weeks after surgery, you will be most comfortable sleeping on your back.



- Wait about 1 week after surgery before having sex or doing anything to raise your blood pressure substantially. Your partner must not touch your breasts for the first 3 weeks.

Diet

- 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.
- Increase your fluid intake in the first week after surgery.

Incision Care

- You may transition to a sports bra of your choosing on the day after surgery. Front-closure bras are best. The important thing is to avoid bras with underwire. Inexpensive sports bras are available at Target and Wal-Mart and will work very well. You may wish to purchase a couple to allow for one to be worn while the other is being laundered. Avoid sports bras that give too much compression.
- You should continue to wear your supportive bra around the clock for at least 3 weeks after surgery at which point Dr. Shaddix will likely clear you to begin wearing bras of your choosing.
- Dr. Shaddix will place steri-strips over your incisions. These are tightly adherent to your skin. These serve to protect the incisions as they are healing. If these begin to peel off, you may gently clip any peeled up edges with a small pair of scissors. Dr. Shaddix will remove any remaining strips for you in the clinic at your 3-week postop visits.
- It is safe to remove your dressing and shower 24 hours after surgery. Allow the steri-strips to get wet with soap and water. Afterwards, pat the steri-strips dry. Do not take a regular bath or soak your incisions.
- Not everyone needs to massage their breasts after breast augmentation, although it does help in many cases. It is preferable not to start the massage exercise until 1 week after surgery. Dr. Shaddix will instruct you in the proper way to massage your breasts at your first follow up appointment.

Things to Avoid

- Do not smoke or allow yourself to be exposed to second-hand smoke.
- Do not stay in bed all day. Walk frequently, and then do it some more.
- Do not swim in a pool/lake/river/ocean for 4 weeks following surgery.
- Sauna and steam baths should be avoided for 6 weeks following surgery.
- Avoid heating pads and cold compresses since the skin of the breasts may not have normal sensation right away.
- Do not tan your scars for the first year following surgery because they may tan darker than the surrounding skin. This darkness, if allowed to occur, may be permanent. It is safe to begin using sunscreen on your incisions 3 weeks after surgery. You should cover your incisions with sunscreen during the first year after surgery. Tanning beds should be avoided.

Things to Look For



- If you develop a fever greater than 101°F, increasing pain, redness around the incisions, significant bruising, or concerning drainage from the incisions, call Dr. Shaddix immediately on his cell phone.

Things to Expect

- Scars may become reddened before they fade. This is normal.
- Your discomfort will be at its peak on postoperative days 2 and 3. It will improve after that.
- Expect swelling of the breasts. The majority of the swelling usually resolves within 1-2 weeks.
- It may take up to 6 months for the implants to settle and for the breasts to reach their final shape.
- You may hear a squishing sound from the breasts for 2 weeks. This is normal.

Follow-up

- Dr. Shaddix would like to see you 1 week after surgery. This appointment is typically prescheduled, please reach out to our office if you are unsure about the date and time.
- Dr. Shaddix would like to see you again 3 weeks after surgery and then again at 3 months.
- 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.

