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## **BREAST AUGMENTATION INSTRUCTIONS**

Breast augmentation remains the most popular plastic surgical procedure. This status is deserved due to predictability, reliability, and a low incidence of undesired results or complications. Although we will help advise you in your selection, the ultimate choice is up to you. All women 40 years of age or older, and all women who have a family history of breast cancer or a personal history of breast related problems should have a preoperative mammogram. Please provide Dr. Lindsey with your mammogram results, if applicable. Dr. Lindsey will be happy to order your mammogram if needed.  **Mammogram needed.** Please note that even in the submuscular (retropectoral) position, implants may hinder complete visualization of the breast by mammography, and additional views are often required.

Prior to surgery, please purchase a sports bra that hooks or zips in the front. Please bring this bra with you to SurgeryPlex on the day of your surgery. Bra size should be in accordance with preoperatively selected implant size. The bra should be a loose fit. Please note that breast implants alone cannot be relied upon to correct pre existing breast asymmetries.

Thank you for your attention to these details. This information is important for you to achieve the best result.

## **AFTER SURGERY**

1. Keep the operation sites clean and dry for 24 hours. It is OK to loosen or take off the sports bra as needed for comfort. After 24 hours, it is OK to shower. Expect some drainage on the dressings. If you had augmentation by a periareolar approach, please remove the yellow gauze and begin a light application of Neosporin ointment to the incision twice daily. If you had an inframammary approach, please leave the “butterfly”

sutures, which are glued to the skin, intact. The butterfly sutures will be removed in the office on your first postoperative visit.

2. Keep your bra on for comfort only. You may remove your bra to shower or at intervals for comfort as needed.
3. Do not drive until Dr. Lindsey permits (you must be off all narcotic medication). For the first 24 hours – Do not sign any legal documents or operate machinery. Have a responsible adult help you, and take it easy.
4. Clear liquids first. If no nausea, progress to a regular diet as tolerated.
5. Take medication as ordered. Do not take pain medication on an empty stomach. Do not drive while taking medication. Take the Flexeril (muscle relaxant) every 8 hours. The pain pills may be broken in half for those patients with sensitive stomachs. For example, ½ tablet taken every hour equals 2 tablets every 4 hours or 1 tablet every 2 hours.
6. No alcoholic beverages. No smoking.
7. Resume any prior medication at home unless otherwise instructed by Dr. Lindsey.
8. Use ice packs to your breasts for 24 hours.
9. The breasts should be mildly firm and symmetrical. Bruising should be minimal to none. Most patients state that the worst aspect of their recovery is tightness and pressure for the first 3 to 4 days. You should be up and moving around the house the day after surgery. Most patients are back at work within one week of surgery.
10. Call Dr. Lindsey at (504) 885-4508 for obvious bleeding, fever over 101.5 degrees, redness, swelling or pus at the wound, persistent vomiting, any problems or questions
11. Please schedule your appointment approximately one week following your surgery.
12. No bending over or lifting for 2 weeks postop. No lifting more than 10 lbs, and no activities that elevate your heart rate or make you perspire for 6 weeks postop.