

BEVERLY HILLS WELLNESS SURGERY CENTER, LLC
BREAST AUGMENTATION POST OPERATIVE INSTRUCTIONS

1. You must have a responsible adult drive you to our office on the day of surgery, drive you home after surgery and care for you for 24-48 hours after surgery.
2. Early ambulation is important after surgery; you may start walking lightly 1 day after your surgery.
3. You may go to the bathroom with assistance as needed.
4. Take your medications according to the specific written instructions that have been provided.
5. You can expect the following:
 - You will feel significant pressure on your chest. This will resolve after a few days time.
 - You will be fitted with a post surgical bra or wrap to give you added support. This bra usually has to be worn night and day for 4 weeks after surgery, except when showering or when laundering it. It is not uncommon to have some mild bloody drainage on your bra. After 4 weeks, you may wear an underwire bra.
 - The period of greatest discomfort does not usually last more than 24-48 hours. Thereafter, you may find that you need your pain medication less frequently.
 - At your first postoperative visit (usually 5 to 7 days after surgery), we will remove sutures and instruct you how to do breast massage, which is important in preventing capsular contracture (hardening of your breast implants).
6. **You can shower 48 hours after surgery.** Remove the bra and any gauze dressings from the incision. Do not remove the surgical tape from the incision. It is okay to get this area wet, but do not soak in a bathtub or pool.
7. Avoid any heavy lifting (greater than 10 pounds), strenuous exercise, pushing for 3 weeks after surgery. After this, you can gradually increase your activity and return to full activities with no restrictions after 4 weeks.
8. Avoid direct sun exposure / tanning of the incision for several months after surgery.
9. A liquid diet is recommended for the first day progressing to a regular diet over the first 24 hours.
10. Do not drive a car until your physician has given you permission to do so.
11. Avoid smoking and alcohol for 2 weeks after surgery.
12. Contact our office at (310) 385-9623 if you experience any of the following:
 - Severe pain not responding to the pain medication.
 - Marked swelling of one or both breasts, fevers, chills, or excessive bleeding.
 - Shortness of breath, chest pain.

Patient Signature

Date

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