Breast Augmentation

Post-operative Instructions

Congratulations on your decision to pursue cosmetic surgery! I have prepared several pointers this will help you to recover from your recent procedure, in order to obtain the safest and most satisfactory outcome.

1) Immediately after surgery:
   a) No heavy lifting (more than 5 pounds)
   b) Keep your arms comfortably at rest at your sides, though you may move them as tolerated if comfortable.
   c) Sleeping is usually most comfortable on your back, propped up on pillows, but you may sleep on your side if comfortable.
   d) Wear your dressing/bra at all times, to reduce swelling and maintain the shape of the breasts.
   e) The dressing is to remain dry and in place until I see you for your first post-operative visit. You may sit in the tub, but please keep the bandages dry.
   f) You may eat a regular diet.
   g) No driving until discussed with me.
   h) Take all medications as prescribed:
      i) Usually Tylenol #3 or Percocet, 1 or 2 tablets every 3 to 4 hours as needed for pain. This may be supplemented by over the counter anti-inflammatory, such as Motrin or Advil.
      (1) Note that the pain medicine may make you nauseous or constipated. You may use over-the-counter stool softeners, such as Colace.
      i) Antibiotics may be prescribed, if so, it is mandatory that you take as directed by Dr. Silverman.
      ii) Call my office to arrange a follow-up appointment for about 2-5 days after surgery.
   j) Things to watch out for:
      i) A rapid increase in pain, swelling and firmness of one, or both, breasts, with a bluish discoloration of the skin, may indicate bleeding.
      ii) High fevers above 38.5 C or 101.5 F.

(1) The presence of these above mentioned conditions warrants a call to me:
   (a) Pain, bruising, and mild swelling are normal and expected after surgery.
   (b) Low grade temperature is often seen early after surgery.
   (c) Mild differences in size and shape are common and normal in the early recovery period.
2) Late post-operative period:
   a) No heavy lifting, upper body weights, vigorous exercise such as aerobics, jogging or swimming, for 4 weeks after surgery
   b) Driving is allowed once you are off narcotic pain medication, and can move comfortably enough to react to any driving situation appropriately; check with me if you are unsure
   c) You may shower after the first office dressing change, and gently wash directly over the breasts
   d) Wear your bra at all times for the first 4 weeks, unless otherwise directed
   e) Dry gauze may be placed inside the bra if small amounts of drainage persist
   f) Your stitches will be removed two weeks after surgery. Creams and lotions over the scars are not to be used unless otherwise directed
   g) Normal activities may be resumed as tolerated by 4 weeks after surgery

3) If any of the above information is unclear, or any other questions arise, please do not hesitate to contact my office,
   a) During office hours, Monday to Friday: 613-792-4137
   b) After hours and weekends: call my office, where you will be directed to call my cell phone at 613-355-9007.
   c) Additionally, my personal email is askdrsilverman@rogers.com, though I cannot guarantee an emergent response via email.
   d) If you are unable to reach me and have a medical emergency, please go to the nearest emergency room.

Wishing you a speedy recovery,

H Silverman, MD