

MICHAEL J. LEE, M.D.

SPECIALIZING IN THE ART OF REFINEMENT AND REJUVENATION

676 N St.Clair, Suite 2010
Chicago, IL 60611

T: (312) 926-5800
www.michaeljleemd.com

POSTOPERATIVE INSTRUCTIONS BREAST AUGMENTATION

WHAT TO EXPECT

Breast augmentation surgery is one of the most fulfilling surgeries for patients. Most patients have some soreness in the chest similar to a hard workout for 3–5 days. Pain medication is used during this time. There is often minimal swelling that last a few months as well as minimal bruising that last a few days.

CARE OF INCISION

Steri-strips and gauze pads will be placed on the incision. It is normal for the steri-strips to have some blood on them. If the gauze pads are soaked, you may change them for new gauze.

IF YOU NOTICE A RASH OR ITCHING AROUND YOUR STERI-STRIPS, PLEASE CALL MY OFFICE. YOU MAY BE ALLERGIC TO THE STERI-STRIPS.

AFTER 24 HOURS: You may wash the incision with soap and water gently.

ONE WEEK: Sutures are removed.

TWO WEEKS: You may submerge in swimming pool, bath or lake.

PAIN MEDICATION

NORCO 5/325 one to two tablets every four to six hours as needed for pain. Do not exceed 4 grams of acetaminophen in a twenty-four hour period.

DO NOT TAKE PAIN MEDICATION ON AN EMPTY STOMACH BECAUSE IT WILL CAUSE NAUSEA AND VOMITING. TRY CRACKERS, BREAD OR YOGURT IF POSSIBLE.

If you are allergic to codeine, DARVOCET or DARVON can be prescribed.

Constipation can be a problem. Start stool softeners as needed. COLACE will be prescribed.

If the pain medication is not adequate, call the office and we can increase the dosage.

ACTIVITY

An ACE wrap is placed immediately after surgery on the upper portion of the breasts. This wrap is intended to keep the breasts low and natural. It is worn for four weeks: two weeks all the time and two weeks at night only. The garment may be removed for cleaning and for showering.

Underwire bras may be needed at one week to help form the new crease underneath the breasts. This depends on how it looks at one week. Dr. Lee will let you know at your one week appointment.

ONE WEEK: Breast massage exercises are started at one week to help with the swelling and improve the softness of the breasts.

TWO WEEKS: You can start exercising except for the upper arms and chest area.

FOUR WEEKS: You have no restrictions on exercise.

I do not recommend driving an automobile until you are completely off any pain medications.