Lexington
Plastic Surgery

Breast Augmentation Instructions

This handout provides information on how to prepare for your breast augmentation operation and what to expect as you are healing after your operation. Please read the handout carefully and keep it handy. Feel free to ask questions at any time.

Important information about preparing for your breast augmentation operation:

1. Do not take products containing aspirin, ibuprofen (Advil, Motrin), or Vitamin E pills for 10 days prior or for 1 week after your operation. Many medications contain these compounds which are known to prolong bleeding. It is safest to take only Tylenol for aches and pains prior to your operation. Do not consume alcoholic beverages or smoke the night prior to your surgery.

2. Your prescriptions for pain and an antibiotic will be given to you ahead of time. You should fill these prior to surgery and have them available for when you arrive home from the hospital or office.

3. If you are having anesthesia, do not eat anything after 10:00pm or drink anything after midnight. The morning of surgery you may brush your teeth and rinse out your mouth, but do not swallow any water.

4. Laboratory work may be needed for your procedure. You will be instructed where to have lab work done. An EKG may also be needed as per your age or cardiac history.

5. Please arrange for a friend or family member to stay with you for the first 24 to 48 hours following your surgery.

6. You will need to purchase a sports bra to wear for 2 weeks following your surgery. Purchase a bra that is the size you normally wear.

7. Be aware that you will not be able to fly for one week following your operation, so please plan accordingly.

8. In general, you will need at least 1 week off from work.

On the day of your operation:

1. Do not wear makeup, nail polish, contact lenses or jewelry. Do not use hairspray, gel or mousse. Do not wear any creams on your body.

2. Please keep your valuables at home.

3. Wear comfortable clothing that is easy to dress in and out of. Wear a shirt that buttons down the front.

After your operation:

1. After your operation, you will awaken with an ace wrap around your chest. This wrap may be removed 24-48 hours after your surgery. Paper tapes (Steri-strips) will be applied over your incisions. Leave these paper tapes in place until seen by Dr. Gerstle. Sleep upright with 2 large pillows to keep the upper part of your body elevated for the first 48 hours. This will limit swelling.

2. You may shower 48 hours after your surgery. After you shower, pat the breast dry and then put on your sports bra. This bra should be worn continuously for 2 weeks. After 2 weeks, you may wear a soft cup bra. Underwire bras should not be worn for 2 months.

3. You are likely to feel tired and sore for a few days. You may also complain of nausea this generally passes with 24-48 hours. It is important that you drink liquids frequently after your operation. Do not take pain medication on an empty stomach as you may experience nausea and/or vomiting. Remember to take you antibiotic twice a day for 4 days. A stool softener (Colace) may be needed twice a day for constipation.

4. Your breasts will be swollen for several weeks, and they also may appear high on your chest. In time, your breasts will settle down.

5. Steri-strips and sutures will be removed in 1week.

6. Routine mammograms should be continued after your breast augmentation surgery as appropriate for your age.

7. Mild exercise can be resumed 2 weeks after surgery.

8. If you have any questions, increased swelling, sudden onset of extreme pain, fever, redness, drainage, or any changes, please call Dr. Gerstle at (859)279-2111

Follow Up Appointments:

1. Your first follow-up appointment will be 1week post-op for suture removal.

2. Your second appointment will be three weeks after the operation.

3. Subsequent appointments are usually 3 months later, or as suggested by Dr. Gerstle

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