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AESTHETIC PLASTIC SURGERY  
Certified By The American Board of Plastic Surgery

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**BREAST AUGMENTATION  
AFTER CARE INSTRUCTIONS**

After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you will be weak and drowsy. You may require help the first few times you get out of bed.

It is important to get out of bed early and often after your surgery (with assistance) to prevent postoperative problems. This activity will greatly reduce the risk of blood clots in your leg veins. Please take deep breaths frequently to keep your lungs clear (15-20 per hour). Keep your head elevated about 30 degrees (two pillows) with the knees slightly flexed.

After surgery it is best to go to bed and elevate your head and shoulders on at least 2 pillows.

A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or Jell-O. You may start a regular diet the next day.

Please take the pain medication only if you have pain. Take it with crackers, Jell-O, etc. You should need it the first 2-3 days after surgery as directed. **Take the antibiotics as directed until they are completed. It is very important you take the antibiotics to prevent infection.**

**DO NOT SMOKE.** This is very important. Smoking causes vasoconstriction and impedes healing.

For the first 72 hours keep your arm movements to a minimum. Your arms should not be used to support your body or lift anything heavy. Do not push with your arms to lift yourself in bed. Keep your arms as close to your body as possible.

Infrequently small drains are used to draw off any accumulating fluid after surgery. The bulb should be collapsed at all times. The fluid will need to be removed from the bulb every 3 hours. Please keep a record of what time and how much fluid is emptied from the bulb. Bring this record with you to the office appointment. Usually drains are removed 48 hours after surgery. The drains will not be removed if you have drained more than 30 cc within a 24-hour period.

Your initial dressing will be a 4" Ace wrap above your breasts and a 6" Ace wrap for support (much like a tube top). You will change to a sports bra one week postoperatively. You should wear the bra night and day for the first 4 weeks postoperatively. If the implant has been placed under the chest muscle, you will be required to wear the Ace wrap above your breasts for the first two weeks postoperatively.

Most patients can start taking showers on the second day after surgery. Remove the Ace wraps prior to showering. Wash with mild soap and pat yourself dry. There is a clear dressing (Op-Site) and gauze over the incisions. The incisions are covered with tapes (Steri-strips). The Op-Site dressing will be removed at your one week postoperative visit. The Steri-strips can be removed after they have peeled up (usually in 2 weeks). After you are dry, wrap the 4" Ace wrap above the breasts and then use the 6" Ace wrap or sports bra.

Do not submerge yourself in a bath, swimming pool, whirlpool, or ocean for 2 weeks.

Begin massage of the incision scars two weeks after the surgery. They can be massaged with vitamin E, aloe vera, or moisturizing cream. You may also purchase a cream to help minimize scarring, please ask our nurse if you are interested.

Although it is best to sleep on your side or back initially, sleeping on your front should not cause injury or rupture to the implants.

**WHAT TO EXPECT AFTER SURGERY**

You may feel some pain and discomfort, but this is generally well controlled by pain medications. Most patients experience a moderate degree of discomfort for up to 7-14 days.

Sensations like numbness, sharpness, and burning are common in the healing process. These sensations may last several weeks and will gradually disappear.

Maximum swelling occurs at about 3-5 days. Bruising and swelling are normal for 2-3 weeks. It will disappear over time.

You will initially feel like your implants are too high and too large. This will resolve over the first 4-6 months postoperatively.

### **ACTIVITY/EXERCISE**

Strenuous activities and exercises are to be avoided until 3 weeks after surgery (heart rate should stay below 100 beats per minute). You may gradually resume normal daily activities after 3 days being careful to avoid any activity that causes pain or discomfort. You may begin your regular exercise routine 3 weeks after surgery, except upper body weight training. **Upper body weight training and push-ups should not be done until 6 weeks postoperatively.** Particularly when implants are placed under the chest muscles, upper body weight training before 6 weeks could cause the implants to be pushed upwards.

You should plan to be off work for up to 5-7 days, although this can vary from person to person.

Driving may be resumed when a sharp turn of the steering wheel will not cause pain; this is usually within 5-7 days.

### **BREAST IMPLANT EXERCISES**

Breast implant massage should start 3-5 days after surgery. The purpose of these exercises is to keep the scar tissue that forms around implants as soft as possible. It is important to remember that a slow steady stretch is more effective than a quick jerky movement. Don't worry about injuring the implant; you cannot cause a rupture with these exercises.

1. Press the breasts slowly and maximally inwards (towards your breast bone) and hold for 10 seconds, then release. Repeat four times.
2. Press the breasts apart slowly and maximally outwards and hold for 10 seconds, then release. Repeat four times.
3. Repeat for downward movement.
4. Repeat for upward movement.

Breast Implant Exercises-one exercise includes all four series above

10 exercises 3 times daily for 6 months

10 exercises 2 times daily for another 6 months

10 exercises once a day for life

If you have major dental work or major surgery, please notify Dr. Sundine so he can prescribe a preoperative medication to protect your implants from possible infection.

\*Call our office if you have any questions, if any problems should arise, or if you have been having any signs or symptoms of infection (redness, fever, drainage). 949-706-3100 (Newport Beach Office).