

Postoperative Instructions

Breast Augmentation

What can I expect after the surgery?

- Discomfort for the first few days
- Some numbness of the skin, this is normal and temporary
- Your breasts may feel “high up on your chest” and/or “tight.” This is normal and will subside.
- Do I have to wear a special bra after surgery?

Yes. You will be fitted with a bra that you are required to wear day and night for the first 2 weeks after surgery.

You do not need to bring a bra the day of surgery.

If you find your bra is too tight, you may adjust straps for comfort.

You may remove the bra for showering, but we recommend that when you do so, you limit physical activity. The purpose of the bra is to maintain breast shape and keep implants (for breast augmentation patients) in the correct position. After the first 2 weeks, we recommend you still wear a good supportive bra during the day (no need to wear at night.) When your incision is well healed, you may wear underwire bras.

What kind of medication will I be prescribed after surgery?

Pain medication, antibiotics, and medication to help you sleep. We highly recommend taking over the counter stool softener to prevent irregularities in your bowel routine.

It is very important NOT to take your prescribed medication and any other type of pain medication at the same time.

Always check with your pharmacist to make sure taking Tylenol Extra Strength will not interfere with any of the medications you are taking.

Advil or any other type of non-steroidal anti-inflammatory medications are not recommended for the first 7 days after surgery.

Postoperative Instructions

Breast Augmentation

What do I do with the dressing?

You do not need to do anything with the dressing. Your dressing will be removed 7 to 10 days after surgery by our nurse. It is normal to see blood on your dressing, do not be alarmed.

When can I shower?

- You may begin showering 2 days after surgery. Shower with your back to the spray with normal soap and water.
- You can gently pat your small supportive tapes dry
- Baths are not recommended until your incisions are healed over (10 to 14 days after surgery.)

What can I do to optimize the healing process?

- Eat a healthy diet full of vitamins, minerals, and proteins. Drink 2-4L of water every day.
- Wear your compressive garment and follow physical restrictions.
- We strongly recommend you quit smoking before surgery.

How can I promote optimal healing of my incision?

- At your initial post-operative visit we will provide you with scar recovery gel. Instructions on daily massage and application of this product will be discussed that day.
- What am I allowed to do after surgery?
- No strenuous work or heavy lifting for the first 4-6 weeks after surgery
- We encourage you to be mobile after your surgery; do not stay stationary
- Walking, and light activities are permitted to prevent excessive swelling in your legs

Postoperative Instructions

Breast Augmentation

- Driving is permitted if you are not taking any medication that could affect your alertness and you feel that you are able to drive safely and comfortably
- Running is not recommended until 2-4 weeks after surgery. We strongly recommend a supportive bra during high impact workouts.
- It is important to listen to your body, it will let you know when you are doing too much.

When do I return for follow-up care?

- 1 week with nurse
- 6 weeks with nurse and Dr. Howley
- 6 months with nurse for after pictures
- Whenever needed

What should I watch out for?

Please contact our office if you experience any of the following:

- One of your breasts is significantly larger, firmer, and more painful than the other
- If you have significant redness or drainage from one or both breasts
- Severe nausea caused by pain medication
- Allergic reaction to your antibiotic

For help with fitting, sizing, and choosing the right bra post-surgery, Elle Mio in Moncton has experts on hand to guide you.

If you experience any of these symptoms after office hours or over the weekend, please call (506)853-5164 and leave us a message (so we are aware) and then present yourself to the nearest emergency room.

Postoperative Instructions
Breast Augmentation

