



MAYBERRY
PLASTIC SURGERY
Center for Surgical Artistry

Breast Augmentation Post Op

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Your Follow Up Appointment is: _____

Instructions:

- A responsible adult must provide transportation for you after your surgery (public transportation is not permissible).
- Have someone drive you home after surgery and help you at home for 1-2 days. If you are having several procedures, you may need or prefer assistant for 1-2 days after your procedures.
- If you are on birth control, have a smoking history or have a history of excessive clotting, wear support stockings for at least 5 days after your surgery, or until your fully active. This prevents blood clots from developing.
- Make sure you take 10 deep breaths every hour while awake for 7 days. If hospital provides incentive spirometer, use 10 times every hour while awake for 7 days after surgery or until fully active. This is necessary to prevent post-operative pneumonia or atelectasis. Do not drink alcohol when taking pain medications.

NORMAL SYMPTOMS: It is normal to experience bruising, swelling, tightness and some degree of pain for the first few days following surgery. These conditions will lessen each day. You may also experience a change in skin and nipple sensation following surgery. In most cases, this improves within a few weeks after surgery, but may take longer. Your breasts will continue to soften for 3-6 months following surgery.

POSITION: For at least the first week after surgery, try to sleep on your back, instead of your side. Two pillows to elevate and support both your head and back will help reduce the swelling. We want your breasts to stay in the perfect position during the initial healing process.

DRESSINGS: At the time of surgery, gauze dressings and/or Ace wraps and/or surgical bra will be applied around the chest. The gauze is removed 1-2 days after surgery and should be replaced as needed. The surgical bra you will wear day and night for 4-6 weeks after surgery. (You may, of course, remove it for laundering and showering). You may add additional pads for comfort reasons as needed. Do not wear a bra with underwire for at least six months from your surgery date.

DRAINS: A drain will be placed in at the time of surgery (only if a breast reduction is performed) and it will be brought out near the end of the incision. These drains evacuate the fluid that accumulates after surgery and enables faster healing. When the drain is first put in place, the bulb at the end of each tube will be compressed to create gentle suction. As the fluid collects in the bulb, the bulb will slowly expand.



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DRAIN CARE: Secure the bulb of the drain to your dressings with a safety pin. Twice a day or whenever the bulb is half full, you should empty the bulb by opening the plug at the top and pouring out the contents. Do not attempt to remove the bulb from the tubing. Squeeze the bulb to re-compress it and put the plug back into the hole at the top in order to maintain the vacuum. If the bulb fills rapidly after emptying it or you need to empty it more than three times a day, please notify Dr. Mayberry.

DRIVING: Have someone drive you home after surgery and to your first postoperative appointment. You can drive when you are not taking prescription pain medication (narcotics).

SUTURES: The sutures around the areola are all absorbable sutures that do not need to be removed. There will be Steri-strips that will be removed 5-7 days after surgery. Once the drains are removed, showering will be permitted.

SHOWERING: You may shower once the dressings are removed and the drain sites have healed. Do not take a tub bath because soaking can cause wound healing issues. Do not use well water to clean your incisions, use bottled water only.

ACTIVITIES: Start walking as soon as possible. This will help reduce swelling and decreases postoperative leg complications. It is important that you do not engage in strenuous activity for the first three weeks. Strenuous exercise includes, but is not limited to: jogging, vacuuming, heavy lifting, swimming or pectoral exercises for 3 weeks. Aerobic exercise can raise your blood pressure which could cause late bleeding and adversely affect your result.

SCARS: Scars take at least 1 year to fade completely. During this time, it is better that you protect them from the sun. Even through a bathing suit, a good deal of sunlight can reach the skin and cause damage. It is imperative that you wear a sunscreen with a skin-protective factor (SPF) of at least 30 at all times.



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Breast Augmentation (Implants)

- You may or may not have a gauze dressing over your breasts after surgery.
- You may or may not have a post-operative bra and elastic band above your breast.
- You will have steri-strips (adhesive bandage) in place over your incision.
- Please keep your dressing clean and dry.
- On post-operative Day 2, you may take a shower, it is ok to get the steri-strips wet, do not remove them. You can gently pat yourself dry with a towel or use a blow dryer (cool setting) to dry the steri-strips.
- You may not wear a regular bra for a total of 4-6 weeks after your surgery; this allows the breast to fall naturally.

Breast Mastopexy (Breast Lift) and Breast Mammoplasty (Breast Reduction)

- You will have a support bra on after surgery: this will need to be worn continuously for 4-6 weeks.
- You will have gauze padded dressings over your breast underneath the support bra.
- You should expect some drainage during the first 24 hours. You may change the gauze pads as needed. Keep the dressing dry.
- There will be steri-strips over your incision lines. It is ok to get them wet, you may gently pat them dry with a towel or you can use a blow dryer (cool settings).
- If you do not have drains, you may shower 2 days after your surgery.
- If you have drains, you may not shower until the drains are removed.
- Reapply your bra after showering. Do not remove the steri-strips.
- You may have multiple scars. They will improve in appearance over time but may continue to be visible.
- Do not apply scar creams or ointments on the incision, unless directed by Dr. Mayberry.
- If you have drains, document output on "Drain Sheet" and bring it to all your office appointments.

CALL OUR OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degrees F or greater
- Sudden swelling, redness, bleeding, discoloration and/or foul drainage from the incision site
- Persistent nausea and/ or vomiting
- Pain not relieved with pain medication
- Development of any drug reaction or any other concerns

OFFICE TELEPHONE AND AFTER HOURS ANSWERING SERVICE- 505.888.3844 or 505.857.3933

I HAVE READ THIS DOCUMENT AND IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.

Patient Signature: _____ Date: _____

Witness Signature: _____ Date: _____