



Postoperative instructions: Breast augmentation and Mastopexy

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms of breast augmentation and mastopexy surgery and signs to watch for following surgery include the following:

Tightness in the chest region and stiffness; Tingling, burning or intermittent shooting pain:

These are normal experiences as the skin, muscles and tissue stretch to accommodate your implants, and as sensory nerves heal. Pain medication and muscle relaxants will help you cope with any discomfort. Consistent sharp pain should be reported to us.

Hypersensitivity of nipples or lack of sensitivity:

This is normal and will gradually resolve over time. You may also experience a small amount of fluid or milk seeping through the nipples.

A feeling of heaviness:

It is normal for your chest to feel heavy as you adjust to your implants. This will subside within 2-4 weeks following surgery.

Shiny skin or any itchy feeling:

Swelling can cause the breasts skin to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling of the breasts. An antihistamine can help to alleviate severe, constant itchiness. If the skin becomes hot or red please contact the clinic immediately.

Asymmetry, the breasts look different, or heal differently:

Breasts may look or feel quite different from one another in the days and weeks following surgery. This is normal. Although no two breasts in nature or following surgery are perfectly symmetrical, breast massage and time should produce breasts that are similar in shape, position and size.

A sloshing sound or sensation:

This is not the result of your implant filler, but rather of air that is trapped in the implant pocket and fluid that may naturally accumulate. This is perfectly normal and will resolve within 2-4 weeks.



CALL THE WARD IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING (TEL: 089 20 4000 145)

A high fever, severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.

Any pain that cannot be controlled by your pain medication.

Bright red skin that is hot to the touch.

Excessive bleeding or fluid seeping through the incisions.

If one breast quickly becomes larger than the other or bruising is localized to one breast or region of the chest.

THE FIRST DAY FOLLOWING SURGERY

When you are discharged from the ATOS Clinic, you should consider the following instructions:

Rest, but not bed rest. While rest is important in the early stages of healing, it is also important that you stay active after surgery. As you recover, during waking hours, spend about 10 minutes every 2 hours engaged in light walking. It is fine to go outside and walk a bit if the weather is nice. Walking is important to maintain good blood flow in your legs and to keep your lungs inflated and working well.

Recline with your head and chest slightly elevated above your lower body. This is a good position for most patients. However, you may rest in any position that is comfortable, even in a flat, supine position. . It is important that you do not sleep on your abdomen. If you are a side sleeper, a soft pillow under your mid-back and shoulders may offer more comfort and support than a single pillow under your head.

No ice packs. Ice is not used on breast lift or breast reduction patients because ice will decrease vital blood flow to the surgical site.

Good nutrition. Fluids are important following surgery. Consume non-carbonated, non-alcoholic, caffeine-free beverages including fruit juices, sports drinks, water, milk and yogurt drinks. You should drink at least 8 ounces of fluid every 2-3 hours. Nausea is common after surgery, so start with soft, bland, nutritious food for the first 24 hours.

Take pain and other **medication as prescribed.**

Do not smoke. Smoking reduced blood flow in your skin and adversely affects wound healing. We advise you not to smoke at all during at least the first two weeks after surgery. Second-hand smoke is also harmful and should be avoided.

Travel limitations. In most cases, you should plan to remain within a reasonable traveling distance of our office for at least a few days after surgery, in case you develop a problem requiring emergent or urgent attention. This is not the time to travel far away to visit relatives or to take a vacation.

Relax. Do not engage in stressful activities. Do not lift anything greater than 10 kilos. Just take care of yourself and let others tend to you.



ONE TO SEVEN DAYS FOLLOWING SURGERY

During this time you will feel better with each day that passes. Begin to ease into your daily activities, as tolerated.

Wear your surgical bra 24 hours a day

Do not resume any exercise, other than regular walking. Walking is essential every day to prevent the formation of blood clots. Continue to pamper yourself. Try to avoid straining. No matter how good you feel, do not clean the house or do yard work, etc! We do not want you to bleed or cause any unnecessary swelling and/or bruising.

Maintain a healthy diet. Do not consume alcohol while taking your pain medication.

Resume driving when you are physically ready and off narcotics and muscle relaxants. You must not drive while taking muscle relaxants or narcotics. And, you must have adequate arm range of motion, strength, alertness and stamina to resume driving. The determination of when you are ready to drive is up to you, keeping the above issues in mind. Most patients can resume driving 5-7 days after surgery.

Do not lift anything heavier than 10 kilos. No tennis, golf, softball or other sports with similar swinging motions. Avoid aerobic exercise that may cause a lot of bouncing of your chest and breasts. You may resume light exercise six weeks after surgery. (i.e. walking on the treadmill, exercise bike or elliptical machine)

Expect severe swelling and “high” implants. The breasts will be very swollen. The upper breasts will be swollen and “square” in appearance. This is usually due to the implants being in a superior position and swelling of the pectoralis major muscle. This swelling will decrease greatly in the first 4-6 weeks after surgery. After 6-8 weeks, the breasts will settle into a more final shape and position.

No under wire or push-up bras until approved by us.

Do not take a bath or hot tub, unless your wounds are completely healed. Once the tape strips or glue are off, and if your wounds are completely sealed, then you may soak your wounds in a bath, pool or hot tub.

Support. As you heal, support from your family and friends is very helpful, but because they may not understand what constitutes a normal post-operative course, their comments may unintentionally create concern for you. We will tell you honestly how you are doing and what we expect your results to be. Please trust our knowledge and experience when we discuss your progress with you.

Patience. Please understand that it takes a minimum of six weeks to see the results of surgery coming into final form and, in many cases, your final results will not be fully realized for up to six months after surgery. It simply takes time for the swelling to resolve, your tissues to stretch and soften, and for your implants to drop into optimal position. This means that time is your ally and that tissues and scars will likely improve with time. Understanding this now will help temper your expectations, hone your patience and make for a more pleasurable recovery.



SIX WEEKS FOLLOWING SURGERY

You may **ease into your regular fitness routine**. However, realize that your upper body may require some time to return to prior strength.

Discomfort or tightness and tingling will resolve. Any lingering nipple sensitivity or lack of sensation should begin to greatly improve.

You may wear underwire bras. You may resume wearing underwire bras, although they are not necessary.

Practice good sun protection. Do not expose your scars to direct sunlight or tanning beds. If you are outdoors, apply at least an SPF 30 to the chest area at least 30 minutes prior to sun exposure. Your chest region and breast skin are highly susceptible to sunburn, and the formation of irregular, darkened pigmentation.