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Plastic and Cosmetic Surgery

Certified in plastic surgery by the Royal College of Physicians and Surgeons of Canada and the American Board of Plastic Surgery

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SMOOTH ROUND GEL BREAST AUGMENTATION POST-OPERATIVE INSTRUCTIONS INSTRUCTIONS

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow a balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, avoid alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

ACTIVITIES

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any prescription pain medications (narcotics).
- Do not drive until you have full range of motion with your arms.
- Refrain from vigorous activity for 4 weeks.
- Restrict excessive use of arms for at least 5-7 days.
- No lifting above the head for 2 weeks.
- Refrain from physical contact with your breasts for 3-4 weeks.
- Body contact sports should be avoided for 6-8 weeks.
- Social and employment activities can be resumed in 3-10 days.

INCISION CARE

- If drainage tube(s) have been placed, you may shower 48 hours after removal.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep incisions clean and inspect daily for signs of infection.
- No tub soaking while sutures or drains are in place.
- You may pad the incisions with gauze for comfort.
- Wear garments (bra, ace wrap, taping) as directed by surgeon.
- Do not wear an underwire bra for 6 weeks.
- Refrain from sleeping on your stomach for 3 weeks.

WHAT TO EXPECT

- Expect some drainage onto the incisions.
- You are likely to feel tired for a few days, but you should be up and around in 4-5 days.
- Maximum discomfort will occur in the first few days after surgery.
- You may experience some numbness of nipples and operative areas.
- You may experience a burning sensation in your nipples for about 2 weeks.
- You may experience temporary soreness, tightness, swelling and bruising as well as some discomfort in the incision area.
- Your breasts may be sensitive to stimulation for a few weeks.

APPEARANCE

- Most of the discoloration and swelling will subside in 4-6 weeks.
- Scars may be red and angry looking for 6 months. In time, these usually soften and fade.

FOLLOW-UP CARE

- Sutures will be dissolvable. They are under your skin and released at the end of each incision. They are clear in appearance and will be trimmed to the skin line in 1-2 weeks.
- Continue with routine mammograms at a radiology center where technicians are experienced in the special techniques required with implants.

WHEN TO CALL

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.

- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

HOW TO CONTACT DR. ANZARUT

Dr. Anzarut's office staff is available to answer questions and arrange appointments during working hours. Prior to surgery you will be provided with Dr. Anzarut personal email and cell phone number. If you have a concern or question Dr. Anzarut can be reached on his cell phone at any time of day or night.