

## **POST OPERATIVE APPOINTMENT IS SCHEDULED FOR**

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If you need to schedule or reschedule please contact Sunny at 501-224-1859

### **POST OPERATIVE INSTRUCTION Breast Augmentation**

1. While resting, keep your head and shoulders elevated on at least 2 pillows for the first 24 hours.
2. You may get up and go to the bathroom or other rooms in house, you may need assistance.
3. Deep breathing and cough is very important. Even though it may be tender, cough and deep breath several times while awake.
4. A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet when tolerating the above foods.
5. If you have pain or discomfort, take the pain medication every 3-4 hours. It is best to take pain medication with crackers, jello, etc. If you have no pain, do not take the medication. Alcohol and pain medication should not be taken together.
6. For the first 48 hours keep your arm movements to a minimum. Your arms should not be used to support your body or to lift anything heavy.
7. The incision lines are normally covered with steri-strips (white strips) these are to stay on until your post operative visit. They may get wet in the shower. After the shower pat dry. If you notice they are peeling up or an odor please contact office before removal.
8. You may shower the day after surgery.
9. You need to wear a sports bra or the surgical bra day and night until you return for your post operative visit it may be removed for short periods to wash the bra and to shower.
10. No massage needs to be performed until you have had your post operative appointment at that time Dr. Love will give you directions.

Additional information is in the Pre-Operative Packet given at the time of Consult!

If any questions or concerns arise PLEASE call Dr. Love's office at 501-224-1859.

