

**Plastic Surgery Center of St. Joseph, Inc.**  
**Michael D. De Priest, M.D.**

**Breast Augmentation Post-op Instructions**

**Immediately after surgery:**

You will wake up in the recovery room. The incision is usually around the areola and will be covered with antibiotic ointment and gauze dressing. We usually position an augmentation wrap above the breasts. It is normal to feel tired and sore for the next week. It is normal to feel that the breast implants are not a part of your body. It takes about 1 month or more for your breast implants to soften and feel more normal.

**Daily Activities:**

- You should resume low-exertion activities the night of surgery. This includes raising your arms above your head, brushing your hair and teeth. We encourage you to resume these activities immediately. Most of our patients are very surprised that they get back to these activities quite easily.
- That being said, please remember you just had a surgical procedure. We still recommend taking things slowly and getting lots of rest. Watching movies/television, reading and limited excursions for shopping are all fine, but avoid cleaning house, working out or going out all day for the first 3 days because you will wear yourself out and feel the effects the next day.
- Avoid any activity that causes pain or discomfort.
- A light diet is best for the day of surgery. Begin with liquids and progress to soup or Jell-O initially. If you feel like advancing your diet to regular foods – that's fine! (We recommend avoiding high fat foods and dairy products.)
- You may shower 48 hours after surgery. When showering, remove the gauze dressing and allow the water to run over sutures. Use regular soap and water. Clean sutures with hydrogen peroxide and water then put a small bit of antibiotic ointment on and recover with gauze so clothing doesn't rub on incision. Put augmentation wrap back above the breasts and leave it in place day and night. You will go without a bra for 1 month.
- Resume driving when you are no longer taking narcotic pain medication and feel unrestricted by pain.

**Exercise:**

- Begin walking at an easy pace for 5 minutes 3 times a day for the first 3 days after surgery.
- No lifting over 10 pounds for the 1<sup>st</sup> week.
- No strenuous exercising (Heart rate > 100) for 3 weeks.
- No aerobic activities (i.e. aerobics, stationary bike, elliptical trainer or treadmill) for 3 weeks.

**Medications:**

- Take all medications as prescribed.
- Follow all instructions which may accompany the medication such as: Taking with food, avoiding alcohol and driving restrictions.
- Avoid direct sunlight to the incision for 1 year. Use sunscreen with zinc-oxide with SPF20 or greater.

**Follow-up appointment:**

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**Call Dr. De Priest's office immediately for the following:**

- Any Questions.
- Your condition worsens.
- Sudden onset of pain, fever (oral temperature greater than 101 degrees), nausea, vomiting, bleeding, dizziness, shortness of breath, rash, rapid heart beat, or rapid breathing.

**Call the office at 816-364-6446 if needed!**

**Dr. De Priest's home number is 816-233-7043  
if you need him at night or weekends.**