



Avron Lipschitz MD

NATURAL RESULTS, ADVANCED TECHNIQUES, EXCEPTIONAL CARE

Breast Augmentation

Postoperative Instructions

You'll need help

If your breast augmentation procedure is performed on an outpatient basis, be sure to arrange for someone to drive you to and from surgery and to stay with you for at least the first night following surgery.

After your procedure is completed, dressings or bandages will be applied to the incisions. You'll need to wear an elastic bandage or support bra to minimize swelling and support your breasts as they heal. A small, thin tube may be temporarily placed under the skin to drain any excess blood or fluid that may collect after breast lift surgery.

- While resting, keep your head and shoulders elevated on at least 2 pillows for the first 24 hours. You may get up to the bathroom with help only.
- 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 the next day.
- 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.
- 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.
- Small drains may be used to draw off any accumulating fluid after surgery. The bulb should be kept collapsed at all times. The fluid will need to be removed from the bulb every 3 hours. Please keep a record of what time and how much fluid is emptied from the blub.
- Bring this record with you to the office appointment. Usually, drains are removed 48 hours after your surgery. The drains will not be removed if you have drained more than 30cc within a 24 hour period.
- If you have sutures, they will be removed in 7-10 days and you will wear steri-strips for 3-4 weeks. (We will provide the steri-strips.) Apply scar cream to maximize wound healing, beginning at 3 weeks. Use the cream for 6 months after surgery.
- You may shower 12 hours after the drains have been removed.

Patient Initial _____

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- You may wear a camisole but no underwire bra for 4-6 weeks.
- All sutures, if present, will come out in 7-10 days.

It is important to be seen by Dr. Lipschitz after your initial post-op checks.

Post-op Breast Augmentation

Many patients have questions about breast augmentation and recovery. Although many factors are involved with determining your actual recovery time for breast augmentation, you will likely experience a post-surgical recovery period of 24 to 48 hours and an additional reduced-activity period of a few days, you will likely experience soreness and swelling for a few weeks.

Exercise and normal activity can resume at the direction of your plastic surgeon. Over time, post-surgical swelling will decrease and incision lines will fade.

When you go home

If you experience shortness of breath, chest pains, or unusual heart beats, seek medical attention immediately. Should any of these complications occur after breast augmentation, you may require hospitalization and additional treatment.

The practice of medicine and surgery is not an exact science. Although good results are expected, there is no guarantee. In some situations, it may not be possible to achieve optimal results with a single surgical procedure and another surgery may be necessary. After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you will be weak and drowsy. You may require help the first few times you get out of bed.

- It is important to get out of bed early and often after your surgery (with assistance) to prevent postoperative problems. Please take deep breaths frequently to keep your lungs clear (15-20 per hour.) Keep your head elevated about 30 degrees (two pillows) with the knees slightly flexed. 3. After surgery it is best to go to bed and elevate your head and shoulders on at least 2 pillows. 4. A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or Jell-O. You may start a regular diet the next day. 5. Please take the pain medication only if you have pain. Take it with crackers, Jell-O, etc. You should need it the first 2-3 days after surgery every 3-4 hours. You will be given an anti-anxiety/muscle relaxant medication (Xanax) that you may take as well to prevent aggravation of the pain cycle. 6. For the first 48 hours keep your arm movements to a minimum. Your arms should not be used to support your body or lift anything heavy. Do not push with your arms to lift yourself in bed.

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- Small drains may be used to draw any accumulating fluid after surgery. The bulb should be kept collapsed at all times. The fluid will need to be removed from the bulb every 3 hours. Please keep a record of what time and how much fluid is emptied from the bulb. Bring this record with you to the office appointment. Usually drains are removed 48 hours after surgery. The drains will not be removed if you have drained more than 30 cc within a 24-hour period.
- If you have sutures, they will be removed in 7-10 days and you will wear steri-strips for 3-4 weeks. (We will provide the steri-strips.) Apply scar cream to maximize wound healing, beginning at 3 weeks. Use the cream for 6 months after surgery.
- DO NOT SMOKE. This is very important.
- You may shower 24 hours after surgery. You may wear a camisole or no bra after surgery. Dr. Lipschitz will advise you when you may wear a bra with and underwire.
- Strenuous activities and exercises are to be avoided until 3 weeks after surgery, (heart rate should stay below 100 beats per minute). You may gradually resume normal daily activities after 48 hours being careful to avoid any activity that causes pain or discomfort.
- Driving may be resumed when a sharp turn of the steering wheel will not cause pain; this is usually within 5-7 days.
- Breast implant massage should start 3-5 days after surgery. The nurse or Dr. Lipschitz will show you how to. The importance of the breast exercises cannot be over emphasized. They help to prevent capsular contractures and promote healing of the chest muscles. You should be committed to doing these exercises on each breast three times daily for life. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact or tanning booths are to be avoided and use a sunscreen with SPF of 15 with UVA and UVB protection for at least 6 months. The incision scars can be massaged with a moisturizing cream, vitamin E, or aloe vera cream starting 3 weeks after surgery. This will promote early softening and maturation of these areas.

What to Expect After Surgery

- Sensations like numbness, sharpness, and burning are common during the healing process.
- These sensations may last several weeks and will gradually disappear.
- Bruising and swelling are normal for 2-3 weeks. It will disappear over time.
- You will initially feel like your implants are too high and too large. This will resolve over the first 4-6 weeks post operatively.

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Please note: If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office. If you develop a fever (oral temperature greater than 100°), redness and/or increased pain at the surgical incision sites, please call Dr. Lipschitz immediately. If you have major dental work or major surgery, please notify Dr. Lipschitz so he can prescribe a pre-operative medication to protect your implants from possible infection.

Following your physician's instructions is KEY to the success of your surgery. It is important that the surgical incisions are not subjected to excessive force, abrasion, or motion during the time of healing.

Please sign as your acknowledgement for receipt of all postoperative instructions:

Signed by: _____ on the _____ at the
(Print Name) (Date)

(Office Location)

Patient Signature: _____

Witness: _____
(Print Name)

Witness: _____
(Signature)