

BREAST AUGMENTATION: IMMEDIATELY AFTER SURGERY

1. **REST:** Be prepared to rest in bed for the first 48 hours after surgery. You may feel uncomfortable for several days. Drink plenty of fluids, and begin to eat lightly. If you feel nauseated, lie on your back with your head still. Any sensation of nausea should pass by the morning after your surgery. If you feel fine, light activity will not harm you. Placing well-padded **ICE BAGS** over your breasts may relieve discomfort significantly. You may sleep on your back or on your side, but do not sleep on your stomach for 4 weeks.

2. **HOW TO SIT UP:** The easiest way to sit up from lying on your back is to move your body parallel to the edge of the bed and swing your legs over the edge, bending your knees and placing your feet on the ground. Then use your abdominal muscles to sit up instead of pushing yourself up with your arms and chest muscles. If you have human assistance, an easy way to sit up is to have someone else carefully support your back and to help you sit up.

3. **MEDICATIONS:** Take the antibiotics and pain medication we prescribed according to the pharmacy instructions. Don't take pain medication on an empty stomach, as it may cause nausea and vomiting. Have another adult give you the pain medication at the correct time and/or keep a log of what you take. You do not have to take the pain medicine if you are not in pain, but you must take all of your antibiotics. The period of greatest discomfort usually does not last more than 12 to 14 hours. Do not drive while taking pain medication.

4. **CALL DR. ZEVON IF YOU HAVE:** A) severe pain not responding to pain medication; B) substantially more swelling and/or pain on one side than the other; or C) a chest wrap that seems too tight. **DON'T TAKE CHANCES! Call if you are concerned about anything you consider significant.** During office hours, call (212) 496-6600. After hours, call (917) 612-3800.

5. **DRESSINGS:** At the end of your surgery, Dr. Zevon will wrap your breasts using dressings, bandages and wraps. These dressings will be covered with a plastic layer, allowing you to shower or bathe as soon as you feel up to it. You may also be placed in a sports bra. **Do not remove the dressings until Dr. Zevon tells you they can be removed.**

6. **SUN:** Do not sit in the sun or heat for 4 weeks, as heat may cause excessive swelling and firmness of your breasts. If you have scars on your breasts, use sunscreen during the first year after your surgery.

7. **DRIVING:** Patients vary in their post-surgery discomfort. You should not drive while you are taking prescription pain medication. For planning purposes, you can anticipate that you will not be able to drive for a week or so. You may find that you are ready to drive in less than a week, or that you are not ready at the end of the first week. Dr. Zevon usually tells patients not to drive until they are recovered sufficiently that if they were driving and had a car accident they could truthfully state that the recent surgery had no impact on their ability to react in the emergency.

8. **ACTIVITY RESTRICTIONS:** Do not raise your arms above your shoulders for 2 weeks, and **DO NOT CARRY ANY HEAVY WEIGHTS, BAGS OR PACKAGES** for 4 weeks. Dr. Zevon will monitor your recovery during your post-operative visits and allow you to return to your usual physical activities as you heal. You can go for walks at any time.

11. **HERBAL REMEDIES:** Some patients report that arnica contributes to a reduction in bruising or swelling, resulting in reduced discomfort and edema, and improved healing. Take arnica orally according to manufacturer's instructions on the packaging.

12. **MASSAGE:** Dr. Zevon recommends massage beginning 3 days after surgery. Gently knead (squeeze) the breast for several minutes, several times a day. You should massage at least until the implants settle. It takes several months for the implants to soften and settle completely, although most of the settling occurs during the first 2 months. Dr. Zevon recommends continuing to massage your implants to minimize the likelihood of occurrence of capsular contracture. **IF YOU NOTICE ANY SIGNS OF INCREASING FIRMNESS OF ONE OR BOTH BREASTS, EVEN MONTHS AFTER YOUR SURGERY, PLEASE NOTIFY US PROMPTLY SO THAT TREATMENT CAN BE STARTED.**

14. **POST-OPERATIVE APPOINTMENTS:** It is important to see Dr. Zevon as scheduled after surgery. Your first post-operative appointment is scheduled for _____. Remember to pick up your warranty registration at your first visit, complete the form and send it to the manufacturer.