

Breast Surgery (Augmentation, Reduction, Mastopexy, Implant Exchange) Post-Operative Instructions

1. After getting home, continue resting comfortably for the next 24 hours with your head elevated. Sleep on your back with 3 to 4 pillows behind your head and back.
2. To help minimize swelling and discomfort, you may apply ice cold compresses to the sides of your breasts during the next 24 hours after surgery.
3. You will need to wear your sports bra continuously for 6 weeks continuously, removing it only to shower. This will help reduce the postoperative swelling and allow a good shape.
4. If you experience pain, please take your prescribed pain medication as directed. This medication should be taken with food to prevent nausea.
5. If you are discharged with an oral antibiotic the full course should be completed.
6. Avoid alcohol while taking any medications.
7. Please text this number 07830 997018 if you experience any of the following symptoms:
 - Temperature above 100.4°F (38°C)
 - Shakes and chills,
 - Severe unrelieved pain
 - Bright red blood from the incision site
 - Sudden onset of significant swelling of one or both breasts
8. Drink plenty of fluids. It is easy to become dehydrated after surgery. Dehydration may cause nausea and dizziness.
9. You can expect oedema (swelling) and ecchymosis (bruising) of the surgical area post-operatively. The amount of oedema and ecchymosis varies with each individual.
10. Shower 24 hours after your surgery. If there is tape (Steri-Strips) on your skin, leave these in place. The Refresh Cosmetic Surgery nurse will usually change these on your first post op visit. If there is surgical glue, DO NOT pick at it or scrub hard. Do not shave or use deodorant for the first week following surgery.
11. Do not engage in any strenuous activities for the next 72 hours. Exertion that elevates blood pressure can cause bleeding. You may resume light exercise 2 weeks after your surgery and your full exercise regime 6 weeks after surgery.
12. You may hear or feel a swishing, sloshing or squeaking sound coming from your breasts for the first couple of weeks. This is a normal and is caused by the antibiotic liquid around your implants that will slowly be absorbed by your body. Your implants are not leaking.
13. You may notice a small bump or bruise under one or both arms. This is normal and will resolve on its own.
14. Do not be alarmed if there are slight differences between your breasts with regard to size, shape, sensitivity or other characteristics. It may take several weeks to months to completely even out. These are usually the result of swelling and activity differences between each side.
15. Avoid direct sun exposure to your breasts for six weeks after surgery.
16. Be aware that smoking or the use of unauthorized medications can lead to complications and jeopardize the results of your surgery.
17. Your surgeon will usually arrange to see you in his clinic between 7 and 10 days after surgery.
18. After your two week post op check, it is important to regularly massage your breasts.