



POST-OPERATIVE INSTRUCTIONS FOLLOWING BREAST LIFT with SALINE IMPLANTS

Patient Name _____

Date _____

Surgery Date _____

For you to have the best possible results after surgery it's important to follow these instructions.

Use this as a checklist of your progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause for concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms of breast surgery and signs to watch for following breast lift surgery with saline filled implants include the following:

Tightness in the chest region and stiffness: Tingling, burning, or intermittent shooting pain. These are normal experiences as the skin, muscles, and tissue stretch to accommodate your implants, and as sensory nerves heal. Pain medication and muscle relaxants will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort. **Consistent sharp pain should be reported to our office immediately.**

Hypersensitivity of nipples or lack of sensitivity: This is normal and will gradually resolve over time. You may also experience a small amount of fluid or milk seeping through the nipples. **If this becomes painful or excessive notify our office immediately.**

A feeling of heaviness: It is normal for your chest to feel heavy as you adjust to your implants. This will subside within 2-4 weeks following surgery.

Shiny skin or any itchy feeling: Swelling can cause the breasts skin to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling of the breasts. An antihistamine like Benadryl can help to alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**

Asymmetry, the breasts look different, or heal differently. Breasts may look or feel quite different from one another in the days following surgery. This is normal. Although no two breasts are perfectly symmetrical in nature or following surgery, breast massage and time will produce breasts that are similar in shape, position, and size.

A sloshing sound or sensation: This is not the result of your saline implant filler, but rather of air that is trapped in the implant pocket and fluid that may naturally accumulate. This is perfectly normal and will resolve within 2-4 weeks.

CALL THE OFFICE IMMEDIATELY AT 973-822-3000 IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen breast or bruising that is localized to one breast or region of the chest.**

DAY OF SURGERY INSTRUCTIONS

You will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you, around the clock in the first 24 hours following surgery.

Rest, but not bed rest: While rest is important in the early stages of healing, equally important is that you are ambulatory: meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover.

Recline with your head and chest slightly elevated above your lower body.
Do not use heated blankets or cold packs.

Good nutrition: Fluids are critical following surgery. Drink plenty of water. Start with a bland diet today and advance as tolerated. Stick to non-carbonated, non-alcoholic, caffeine-free, and green tea-free beverages including fruit juices and water, milk, and yogurt drinks.

Take all medication, exactly as prescribed: If you have a pain pump, follow the instructions specifically for your pain pump. Oral pain medication, antibiotics and other medications you must take include:

- Percocet 5/325 mg 1-2 every 4 hours as needed for pain. Take with food.
 - Vicodin 5/300 mg 1-2 every 4 hours as needed for pain. Take with food.
 - Valium 5 mg every 8 hours as needed for muscle tightness and relaxation.
 - Celebrex 200 mg every 12 hours
 - Scopolamine Patch 1 mg transdermal. Apply behind ear 2 hours prior to surgery. Remove the following morning if no nausea/vomiting. Wash hands and area after removing the patch.
 - Other: _____
 - Other: _____
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Change your incision dressings. Wash hands well with soap and water before performing any dressing changes. Your incisions may seep a little blood and fluid for a short time after surgery. Leave the gauze dressings in place.

Wear your bra or bandeau around the clock. Follow the instructions specifically and wear this garment at all times.

Do not smoke. Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery. You must not smoke.

Relax. Do not engage in any stressful activities. Do not lift your hands over your head. Do not lift anything heavier than a paperback book. Take care of no one, and let others tend to you.

TWO TO SEVEN DAYS FOLLOWING SURGERY

During this time you will progress with each day that passes. Ease into your daily activities. You will receive clearance to begin driving or return to work at your post-operative visit, or within:

_____ days

Your post-operative visit is scheduled for: _____

- **Remove the outer gauze dressing but leave the steri-strips in place two days after surgery; you may shower.** Take a warm, not hot shower. Do not take a bath. Limit your shower to 10 minutes. Do not remove any steri-strips. Do not rub your incisions. Apply a fragrance free moisturizer to breast and surrounding skin, however not on your incisions.
- **Take antibiotic medications and supplements as directed.** Take pain medication and muscle relaxants only as needed. You may wish to switch from prescription pain medication to acetaminophen (Tylenol).
- **If instructed to, start breast massage. Wear your bra or bandeau around the clock.**
- **Do not resume any exercise other than regular walking.** Walking is essential every day to prevent the formation of blood clots.
- **Maintain a healthy diet. Do not smoke. Do not consume alcohol.**

ONE TO FOUR WEEKS FOLLOWING SURGERY

As you resume your normal daily activities, you must continue proper care and healing.

- **Continue your breast massage and wound care as directed.**
- **Refrain from weight-bearing exercise, twisting or lifting anything over your head.** No tennis, golf, yoga, softball or other sports with similar swinging motions. Avoid aerobic exercise that may cause a lot of bounce. You may begin range of motion exercises but not with any weight, pressure or resistance of any kind.
- **Do not smoke.** While incisions may have sealed, smoking deprives your body of necessary oxygen that can result in poorly healed, wide, raised scars.
- **Continue to wear a proper support bra.** The bra or bandeau you first wore following surgery may feel somewhat loose. Discuss with your surgeon the appropriate breast garment to use. You may sleep without a bra; however a camisole with built-in shelf support can be comfortable and provides added support as you continue to heal. No underwire bras or garments for 6 weeks unless directed otherwise by your doctor.
- **Surgical scar management.** Apply silicone gel or sheeting as instructed by your surgeon starting 3-4 weeks after surgery, and after the incisions have healed.

- **You may sleep flat.** However do not sleep on your stomach. If you are a side sleeper, a soft pillow under your mid-back and shoulders may offer more comfort and support than a single pillow under your head.
- **Practice good sun protection.** Do not expose your breasts to direct sunlight. If you are outdoors, apply at least an SPF 30 to the chest area at least 30 minutes prior to sun exposure. Your chest region and breast skin are highly susceptible to sunburn or the formation of irregular, darkened pigmentation.
- **Follow-up with any breast implant manufacturer** paperwork and warrantee as necessary.

Follow-up as directed. Your second post-operative visit is scheduled for: _____

FOUR TO SIX WEEKS FOLLOWING SURGERY

Healing will progress and your breasts will settle into a more final shape and position.

- **You may ease into your regular fitness routine.** However realize that your upper body may require some time to return to prior strength. Avoid yoga or “extreme” stretching exercises. You may resume yoga at 3 months or discuss with your doctor.
- **Continue your breast massage.**
- **Continue to wear a proper support bra.** No underwire bra or restrictive garment for 6 weeks unless otherwise directed by your doctor.
- **Discomfort or tightness and tingling will resolve.** Any lingering nipple sensitivity or lack of sensation should begin to greatly improve.
- **No need to resume smoking.** You have now gone 10 weeks (4 weeks prior to surgery and 6 weeks following) without a cigarette. For your long-term health, there is no need to resume smoking.

YOUR FIRST YEAR

- **Continue your breast massage, and practice monthly breast self exam.**
- **Continue healthy nutrition, fitness, and sun protection.**
- **Your scars will continue to refine.** If they become raised, red or thickened, or appear to widen, contact our office. Early intervention is important to achieving well-healed scars. Scars are generally refined to fine incision lines one year after surgery.
- **A 3, 6 and 12 month post-surgery follow-up is recommended.** However you may call our office at any time with your concerns or for needed follow-up.
- **Consider antibiotics when you are having a dental cleaning or procedure, a colonoscopy, a gynecologic or urologic procedure especially within the first 6 months of surgery.**
- **If your breasts develop an unusually hard feeling, or a highly rounded “squeezed” appearance, call us as soon as possible.** You may be developing capsular contracture. Early treatment is the best solution.

EVERY YEAR THEREAFTER

You should be evaluated by your surgeon every year to assess your breasts and your implants. Routine screening mammograms should be performed as appropriate for your age and history. Remember to tell the radiology technician that you have implants so that they can modify the mammogram accordingly. If you have any questions or concerns about your implants, please call to schedule an earlier follow-up visit.

Remember, breast implants are not lifetime devices.

If your implants should rupture, or you suspect an implant is leaking, call our office as soon as possible. There is no risk to your health from the saline within the implant; it will safely be absorbed and naturally expelled by your body.

Your body will change with age. The appearance of your breasts will change too. You may wish to have your implants replaced or to undergo revision surgery to help maintain your appearance throughout life. Contact our office with any of your questions or concerns, at any time.

I have read and understand all of the above instructions. I understand that following these instructions is solely my responsibility. I understand that it is also my responsibility to ask my doctor and his or her staff any questions I have related to these instructions or about my procedure, health and healing.

Patient Signature/Responsible Party

Date/Time

Printed Name/Relationship

Signature of Practice Representative and Witness