

BREAST AUGMENTATION POST-OP INSTRUCTIONS

ACTIVITY

- For the first week, sleep on your back with your head elevated on 2-3 pillows for comfort and to decrease swelling. You may sleep on your back or your side, but not your stomach for at least 4 weeks.
- No housework until told otherwise.
- No pushing, pulling tugging, lifting with your arms until okayed by your doctor.
- You can use ice packs on your chest in 20 minute intervals (20 minutes on, 20 minutes off) while awake for the first 24-48 hours to help with discomfort and swelling. Place a washcloth between your skin and the ice pack. No ice directly on the skin. DO NOT use heat.
- No sexual activity for 4 weeks postoperatively.

WHAT TO EXPECT

- You will feel tightness and pressure in your chest from the muscles stretching. This is normal and will subside in 4-7 days. The doctor will show you techniques to help keep your breasts soft as they heal.

REFINEDLOOKS

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AFTER HOURS ON-CALL NUMBER: 423.756.7134