

BARRY J. COHEN, M.D., P.C.

Breast Augmentation/ Breast Implant Exchange **Post Op Discharge Instructions**

Please review the following discharge instructions and be sure that you understand them. If you have any questions, please contact our office at 301-656-6398

- You may resume showers 48 hours after surgery; remove the bra and let the water hit the breast but do not scrub the incision site, after the shower pat the incision dry. After the shower place the bra and the ace wrap on snug not tight. If the bra is cutting off the circulation due to swelling you will need to cut a slit in either side of the bra.
- You will need to change the pads inside of the bra every 24 hours or as needed until the drainage has ceased
- Do not rub the incision sites or remove the steri strips over the incision (if the steri strips fall off in the shower it is okay and they do not need to be replaced)
- Do not use soaps, deodorants, powders, creams, or sprays over the incision sites until instructed by the physician. Just rinse and pat dry. Keep the incision sites clean and dry.
- Sleep in a reclined position, use a recliner if you have one, or place pillows behind your back and under your arms for comfort.
- Sitting up at an angle will help take some of the pressure and tightness off of the chest.
- The bra needs to be worn 24 hours a day. At your one week follow up the doctor may allow you to change to a sports bra. Underwire bras should be avoided for up to three months.
- You should avoid lifting, pulling, or pushing for three weeks.
- Do not take any medications containing aspirin or Vitamin E for the first two weeks after surgery
- You will need to increase your fluid intake (i.e. water, gatorade, or gingerale etc.) the day of surgery and up to the first week post op to avoid dehydration
- Take a fiber supplement starting the day of surgery due to the increased risk of constipation related to usage of pain medications
- It is very important to begin walking the day of surgery to and from the restroom. The day after surgery you will need to walk around the house every hour that you are awake. This will help to prevent blood clots from forming in your legs. You will be given TED stockings the day of surgery. They need to remain on until the evening after surgery.
- If you do not urinate within eight hours after surgery you will need to get a catheter place to empty your bladder. You will need to come to the surgery center during business hours or go to the nearest emergency room after hours
- Deep breathing and coughing every hour while awake with incentive spirometry to promote full lung capacity. It may hurt to take deep breathes after surgery, but it is essential to help prevent the possibility of pneumonia
- You may eat light foods the day of surgery such as toast, crackers, soup, jello, etc. Greasy foods may cause nausea and vomiting. The day after surgery you may increase your diet as tolerated
- **ABSOLUTELY NO SMOKING!** Smoking will compromise blood flow to the surgical area, which can cause delay in the normal healing process.

PLEASE CALL THE OFFICE IMMEDIATELY IF ANY OF THE FOLLOWING OCCUR

- Please note that you may have a low-grade fever related to surgery. If the fever is 101.1 or above please contact the office
- If you are short of breath that is not relieved by sitting in the upright position.
- Significant bleeding or drainage from the surgical site
- If one breast is twice the size as the other or if severe bruising is present

Please contact the surgeon's assistant at 301-656-6398 to make your one week post op follow up.