

Breast Augmentation

Post-operative Instructions

Activity:

- Walking is encouraged as soon as possible after surgery.
- No upper body heavy lifting (>5lbs) or strenuous exercise for 4 weeks after surgery.
- Wear your leg compression devices whenever you are not up and moving around during your recovery period, including when you are sleeping at night.

Dressing and Showering:

- You may shower 24 hours after surgery. No baths/soaking/swimming for 2 weeks after surgery.
- Leave all surgical dressings in place until your follow up appointment.
- You will be given a surgical bra at the time of surgery. You may switch to a compressive sports bra of your choosing as soon as you feel comfortable. NO underwire bras for 4 weeks after surgery unless instructed otherwise by Dr. Brown.

Call the office at (410) 486-3400 if you experience: increased pain, swelling, redness at surgical sites, pus draining from wound, or fever above 101.5F.

Return to office for follow-up appointments on:

Date: _____ Time: _____ (1 Week)

Date: _____ Time: _____ (2 Week)

Date: _____ Time: _____

____ Post-operative instructions have been reviewed with me.

____ I have received a copy of these instructions. Time: _____

 Nurse

 Physician

 Patient or responsible party

 Relationship to patient