

## Post-Operative Instructions for Breast Augmentation, Reduction and Reconstruction:

- **Position:**

During the first seven to ten days after surgery, attempt to sleep on your back rather than face down or on your side. Sleeping on your back will minimize the chances of the implants moving out of position. Avoid placing pressure on your breasts if at all possible.

- **Activity:**

Avoid heavy lifting, straining, and exercise until otherwise instructed. **Absolutely No Lifting ,reaching or pulling motion Until Cleared by Dr. Miller!**

- **Daily Hygiene:**

The Post-operative dressing is to remain in place until after your first post-op check-up. Sponge baths only at this time. Generally, after your first post-op check, Dr. Miller will advise when you may shower. However, absolutely no tub baths, or swimming until you are instructed otherwise.

- **Dressing:**

After the post-op dressing is removed at your first visit, Please wear a sports-type bra at all times, at least 4-6 weeks after surgery. Please do not wear an underwire bra until this is discussed with Dr. Miller.

- **Sutures:**

Sutures will be removed approximately seven to ten days after your surgery. Leave steri-strips in place until otherwise instructed.

- **Exposure to sunlight:**

Surgical scars take at least one year to mature and fade away.

During this entire time, you should protect your surgical scars from

Direct exposure

to sunlight. Sun screen with skin protection factor

( e.g.;SPF 30 or higher) should be worn at all times while outdoors.

- **Exercise:**

You are encouraged and may be up and about after surgery. Activities should progress after the first few days, and you may take gentle walks during this time. Strenuous physical exercise and activity however, should be avoided until otherwise instructed. **Generally not until four to six weeks post-surgery!** Please avoid excess motion, lifting or pushing with your arms until instructed otherwise.

- **Driving:**

As a rule, you may drive when driving does not cause discomfort; this is usually five to seven days post-surgery. Remember, your ability to drive is compromised while taking pain medication. **Driving is not recommended as long as you require pain medication.**

- **Diet:**

Resume your regular diet as tolerated. Remember salty foods and alcohol will increase swelling, and should be avoided during the first few days post-surgery.

**We hope this information is helpful, however as always we encourage you to call the office with any questions or concerns!**