TOTONCHI
PLASTIC SURGERY

Care after Breast Augmentation

This page contains answers to frequently asked questions regarding your care after a breast augmentation. This information will help you remember the instructions given to you after surgery.

Appearance:

- The incisions will be covered with surgical tape plus a surgical bra which is placed on your chest at the time of surgery.
- This initial dressing can be removed 5 days after your surgery. Your breasts will feel swollen and tight and may appear mildly bruised.
- The bruising will last about 2 weeks. You may have a sensation of numbness of the breasts and nipples which may last for 2-3 months, sometimes longer.
- The breasts will gradually soften and take their final shape in approximately 3 months after your surgery.
- Some women find that a sports bra feels the most comfortable early after surgery. After 4 weeks, you may choose to wear other bra styles, (No push up bras OR bras with an underwire for 2 months).
- In general, the number of bra will not change. Your cup size will be larger. Wait several weeks before purchasing a new set of bras.

Activity/Bathing/Sleeping

- You should take it easy for several days following the surgery and gradually increase your activity as you feel more comfortable. **Please walk frequently.**
- You can resume all of your normal activities about three weeks after surgery.
- You may drive when you are no longer taking narcotic pain medication and feel comfortable.
- If your job does not require heavy activity, you should be able to go back in 3 to 5 days.
- You can normally shower 5 days after your surgery using a mild fragrance-free soap such as Ivory or Dove. Avoid using hot water.
- Your breasts will be tender, so wash this area gently and pat dry with a clean towel.
- You may wash and dry your surgical bra while you are in the shower.
- **For your comfort, we recommend that you wear a sport bra night and day for 3 weeks following your surgery, removing the bra only for bathing.**
- Try to sleep elevated on your back for one week.

We are always available if you have any questions, please call 440-461-7999.

Drain/Incision Care:

- Drains are not used for this procedure.
- Once your dressing has been removed, please clean your incision with soap and warm water, then apply a thin layer of bacitracin ointment. Do this twice a day.
- After 1 week of applying bacitracin ointment, please switch to regular, non-scented moisturizing lotion. Clean your incision and apply lotion twice a day.
- Dr. Totonchi will instruct additional incision care at your post-operative appointments if needed.

Diet:

- We recommend a diet consisting of high protein and easily digestible foods (i.e. toast, rice, bananas, eggs, chicken, oatmeal, protein shakes, etc.)
- Do not drink alcohol for a couple weeks after your surgery or while taking narcotic pain medicines
- Limit your salt intake to help decrease swelling.
- Please refer to the “Medications and Foods to Avoid” List provided in your Pre-Surgical email sent

Medications:

- We will prescribe an antibiotic, nausea medication, and pain medication for you. Follow the directions on the bottles for their use.
- The pain medication may make you feel drowsy, so please have someone assist you at home, and do not attempt to drive while you are taking prescription pain medication.
- A stool softener (Colace) is recommended after surgery.
- A few days after surgery, most patients will find that Tylenol will take care of the discomfort
- **Do not use aspirin, ibuprofen (Motrin) or other NSAID medication for 1 week after surgery.**

Post-Operative Appointments:

- You will normally be seen in the office within one week of your surgery and then at 2 weeks, 4 weeks, 3 months, and 6 months after surgery to monitor healing.
- Additional appointments may be necessary and will be determined by your recovery.

Recommended Supplies:

- Q-tips, Bacitracin, and Aquaphor
- Extra Pillows for comfort

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Post-Operative Concerns: Urgent problems after breast augmentation do not occur frequently. These are the complications that will require a change in your post-operative care:

- **Hematoma** (blood collecting around your implants) can occur within a few days of your surgery. The warning signs are:
  - Severe pain that does not respond to medication
  - Significant swelling in your breast
  - Excessive or growing bruising of the breast or chest wall
- **Infection** is rare following breast augmentation. It is normal to have a very small amount of drainage from your incisions for one to two days. Signs of infection are:
  - Increased temperature
  - Increasing drainage from the incisions
  - Increasing redness around the incisions
- **Leg swelling** (with or without associated pain) may indicate a problem with the vein circulation in your leg(s). Although some swelling is to be expected due to your surgery, intravenous fluids given to you during the surgery and your decreased level of activity, this swelling is normally mild, painless, and affects both legs evenly. If you have a large amount of leg swelling (either one or both legs), or if you experience pain in your legs contact the office immediately.
- **Breathing problems** after breast augmentation are rare but can be a serious complication. If you develop any chest and/or back pain or shortness of breath, you must contact our office or be seen in the nearest emergency medical facility without delay.
- **Medication reactions** may occur with the drugs prescribed for you. If you develop a skin rash, itching, vomiting, or diarrhea, stop taking your medication and contact my office.

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For educational content, practice updates, and patient resources, follow Dr. Ali Totonchi on social media and visit our website:

Website: www.drtotonchi.com

Instagram: @totonchiplasticsurgery

Facebook: Dr. Ali Totonchi, MD

YouTube: Dr. Ali Totonchi

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