



tenley k lawton m.d.
BOARD CERTIFIED PLASTIC SURGEON

POST OP INSTRUCTIONS FOR BREAST AUGMENTATION

This is an operation to increase the fullness and size of the breasts. This is done by placing an implant under the breast through one of several possible incisions that have been explained to you by your surgeon.

HOSPITAL STAY: This procedure is done as an outpatient procedure. The patient will usually go home the same night or stay locally the night after surgery.

ANESTHESIA: This is performed under general anesthesia.

SURGICAL TIME: Approximately 1 hour. Allow approximately 1 hour of time in the recovery room.

POSTOPERATIVE CARE: You have just had an extensive operation on your breasts. An implant has been placed under your breasts. The incisions must be given time to heal. On the day of surgery, you can expect to feel sleepy and there will be a feeling of tightness and discomfort in the chest area. There will be some swelling and discoloration around the breasts, which is normal.

1. Wear your support binder or bra day and night for up to one week. You may remove the ACE bandage 24 hours after surgery. Some patients like the comfort of the additional support and you may wear this for an additional 24 hours if you choose. After 48 hours, you may remove the bra to shower, but we suggest you leave it on most of the time for support. You will have small tapes over the incision called Steri-Strips. Let the soap and water run over your incisions but do not scrub. Pat them dry when you get out of the shower. After one week, wear a support bra while sleeping only if desired. You can do away with the bra completely after two weeks, unless otherwise directed at your follow-up visits.
2. You will have received prescriptions for pain medication prior to surgery. After surgery, you will likely experience moderate discomfort which should be relieved with pain medication. A muscle relaxant (Valium) is also prescribed to decrease muscle spasm.
3. Swelling and bruising is a normal and expected part of your recovery. While the bruising will fade in about one week, the swelling will usually persist for about 3 weeks. Your nipples may be very sensitive during this time of healing, and they may even have a burning sensation.
4. If you develop severe pain or severe swelling on one or more breasts after surgery, notify Dr. Lawton immediately. You should remain within traveling distance to the office for at least one week.
5. You should sleep on your back for the first week following surgery. After the first week you may sleep on your side with the use of pillows to assist with comfort. You should avoid sleeping

on your stomach for up to four weeks.

6. You will be able to walk around your home and perform minor activities within one to two days. However, please limit the use of your arms and avoid extending them over shoulder level for one week to allow the implants to heal in position.
7. Do not lift weights exceeding 10 pounds for two weeks or 20 pounds for four weeks.
8. Absolutely no sports for two weeks. However, walking and light leg exercises are allowed after four days. Wear a support bra during these activities.
9. Do not drive a car for one week, and never while you are taking a narcotic pain medication or sleep medication.
10. At your one week post-operative visit, your stitches will be removed. You will have tapes over the incisions called Steri strips. Any remaining stitches will be removed at your two week visit. After all the stitches are out, Dr. Lawton recommends using Hybrisil scar treatment to minimize scarring and redness, available in our office.
11. Most patients will feel well enough to return to work in about one week after surgery. If your job requires a high level of physical activity, you should discuss this with Dr. Lawton prior to returning to work.
12. It is all right to shave your under arms. This may be difficult and may need to wait for one week.

NOTE: Normally breasts are asymmetrical. Therefore, it is not unusual for your breasts to have some minor degree of asymmetry after surgery.

DENTAL WORK: You should not have dental work for at least 30 days prior and 60 days following surgery. This is just a precaution.

Call Dr. Lawton if you have any questions at **(949) 640-0999**. Like with any surgery, if you have a fever, pain that increases after an initial decrease, increased redness in the incision, call at any time.

***** SURGERY AND SMOKING DO NOT MIX *****

Research and experience with smoking patients have shown the supply of blood to small capillaries in the tissue is reduced, so the risk of bad healing, failure to heal, or even death of some tissue, increased scarring or other complication increases. If you should have any problems or questions, please do not hesitate to contact our office at: **949-640-0999**