

Alan M. Greenberg, MD

4401 Coit Road, Suite 205

Frisco, TX 75035

972-377-6553

BREAST AUGMENTATION POST-OPERATIVE INSTRUCTION

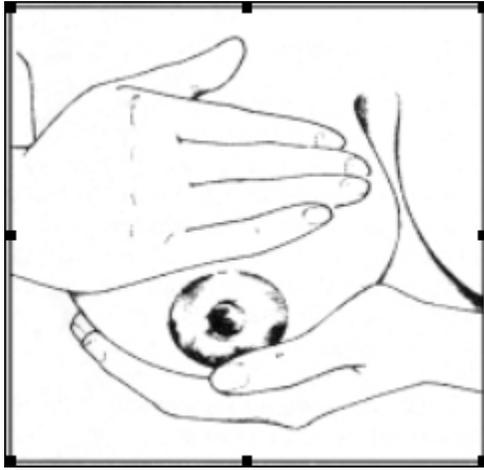
- 1. Going Home:** You should not plan to drive yourself home or for 72 hrs after the surgery.
- 2. Avoid ALCOHOLIC** beverages for 1 week after the surgery.
- 3. Activities:** Quiet rest is recommended immediately after surgery and for the next 48 hours postoperatively. No driving for 3 days after surgery. You may return to work 3 days post procedure. You may carefully resume exercise and vigorous physical activities 3 weeks after surgery. Try to avoid heavy lifting or strenuous use of your pectoralis muscles for 4 weeks postoperatively as this may cause your implants to push out of place.
- 4. Dressing/Bandage:** Do not remove the bandage or get the bandage wet for at least 48 hours post op. Dr Greenberg will remove the bandage for you at your initial postoperative visit. You should wear your cotton bra after the bandage is removed for the next 4 weeks postoperatively and should wear your augmentation belt at night for the first 4 weeks after your dressing is removed.
- 5. Follow up postoperative visit:** You will be asked to return for your first postoperative visit 24-72 hours after your surgery.
- 6. Wound care and bathing:** Keep incisions clean and shower once a day. Avoid very hot water to your chest and breast area during the first seven days following surgery. Do not remove the bandage after your surgery. We will do it on your first postoperative appointment. Complete your antibiotic as directed until the prescription is finished. Taking it with food will help decrease any stomach issues.
- 7. Call our office if you notice signs of:** Infection, fever, foul smelling drainage from your incisions, focal redness, increased swelling in the breasts or chest area, or worsening pain in your breast or chest area.
- 8. Breast Massage:** After 2 weeks post surgery, (when the swelling goes away) you can start massaging your breasts gently several times a day. You can apply warm pads to the breast to reduce swelling. (Do not apply them over incision sites or the areola). Below is the appropriate way to massage your breasts.

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Massaging the breast as many times a day as possible is essential in helping prevent capsular contraction.

Breast massage – place one hand underneath your breast and the other on top where the implant begins. Slide the palm of one or both hands from the chest gently towards the nipple and apply pressure. Bring the implant down to completely fill in the lower portion of the breast.

Another very effective way to massage your breasts is to lay face down on your breasts for ten minutes a day.

9. **Common side effects:** Menstrual irregularities with premature or delayed onset of monthly menstruation are a common side effect of any significant surgery.

Slight temperature elevation (between 98.6° and 100.3° F) during the first 48 hrs after surgery may also occur. Soreness is worst the 2nd day after surgery and then improves daily. Bruising is usually minimal. Pain and swelling due to inflammatory reactions to surgical trauma may occur and increase 5 to 10 days after surgery. **Itching** of the treated areas several days after surgery may occur as part of the normal healing process.

10. ANY COMPLICATION OR CONCERNS PLEASE CALL US AT:

DR GREENBERG'S OFFICE: (972) 377-6553

DR. GREENBERG'S CELL PHONE: (214) 808-8981