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**PRE AND POST-OPERATIVE INSTRUCTIONS:  
Breast Augmentation**

After breast augmentation surgery, considerable discomfort is to be expected. This can be controlled with the prescriptions your physician has given you. Use these as directed. Ice packs can be applied to the outer rib and upper chest areas, one hour on/off for the first day as needed.

Nausea is controlled with the medication that your physician has given you. Take as directed. If you continue to experience nausea, please notify your physician.

Prop your back up on pillows when lying down.

After surgery, you will be either placed in your bra, a strap across your chest, or both. If a strap used, it should be kept high above the level of the nipples.

Take sponge baths for the first two days after surgery, keeping initial dressing dry and undisturbed. On the third day you may shower after removing the dressing down to Steri-Strips™. You may use gentle cleansing soap bar such as Dove, Basis, or Cetaphil. Avoid direct water pressure to the incision line.

Avoid overhead lifting and lifting more than five pounds for a period of two weeks. However, gentle exercise like brushing hair is encouraged.

It is very important that you keep your first post-operative appointment. You will need to have someone drive you to this appointment. Take your pain medication before coming.

Swelling and discoloration of the breasts is normal and usually disappears within two weeks.

Some degree of firmness of the breasts is expected for a few weeks to even a few months.

Also, you may hear noises (rubbing, sloshing, and gurgling) for a period of time.

Avoid sun exposure on the breasts (even in a bathing suit) for six weeks.

The time it takes to return to work, driving, and exercise varies from patient to patient. Please discuss this with your physician. Call the office if you experience any swelling, bleeding, or severe pain that is not controlled with the pain medication.