

POST OPERATIVE INSTRUCTIONS: BREAST IMPLANTS

MEDICATIONS:

- Allergies: _____
- _____: Take _____ every _____ hours if needed for pain. Substitute Tylenol for mild pain. Avoid aspirin and Ibuprofen products. Do not drive or drink while using this medication.
- _____: Take one _____ times daily for _____ days.

INSTRUCTIONS:

- When you get home call Dr. Hoffman's office to schedule an appointment on _____.
- Leave ace bandage and dressings around chest until seen in the office, unless Dr. Hoffman instructs you to take off Ace wraps and bra 2 days after surgery.
- Keep head elevated on 1 pillow while sleeping - avoid sleeping on your side.
- Keep the dressing dry and clean, there is surgical glue on your incision.
- After your initial dressing change you may switch into a bra without any underwire. Please wear at all times, even at night, for the first 2 weeks.
- No driving or housework for the first week. Do not lift your arms above your head. No exercise, straining or lifting until approved by Dr. Hoffman.
- You may return to work in about 1 week, unless otherwise specified by Dr. Hoffman.
- You may become **constipated** due to the pain medications and should begin a stool softener (i.e. Colace) after surgery. In addition, you may want to add a fiber supplement (Metamucil, Citrucel, etc.) after tolerating a diet to decrease straining. If you have gone several days without a bowel movement start a laxative (i.e. Miralax), or you may want to consider using a glycerin suppository or Fleet's enema (available at all drug stores).
- You may experience temporary electrical or tingling feelings in the breast and nipple in the weeks following your surgery. The feeling is similar to the feeling when your "foot wakes up after it has been asleep." This represents nerve healing and is normal.
- Your chest will feel tight for **four to eight weeks**, until the chest muscles relax. The exact time varies between patients depending on the muscle mass, breast elasticity and activity level after surgery. You may also experience more pain in one breast than the other
- Sutures are dissolvable. They are under your skin but may poke through. If they are bothering you then can be trimmed to the skin at your next appointment.
- Call if you experience unusual pain, redness, swelling, bruising, bleeding, trouble breathing or sustained fever.

Physician Signature

Date

Patient/Family Member Signature

Date