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## **Postoperative Instructions Following Breast Augmentation**

You will be bruised and swollen following a breast augmentation. The swelling will be greatest for 36 hours after surgery. You may have some oozing of blood from your incisions for several days postoperatively. Your pain may be considerable for the first week after surgery. You can expect the swelling to diminish after the first 10 days. The bruising may persist for 10 days or longer.

You can promote more rapid healing by following these simple rules.

1. Keep your head elevated on several pillows while sleeping.
2. Drink 8 glasses of water a day.
3. Place ice packs on your chest for the first 48 hours after surgery.
4. Wear your Brassiere at all times until your Doctor tells you otherwise. Avoid bras with an underwire.
5. Take your prescribed antibiotics and pain medication as directed.
6. Do not exercise vigorously until your doctor instructs you to do so.
7. Do not smoke following your surgery.
8. Do not take Aspirin, Advil, Motrin, Naprosyn or other non-steroidal anti-inflammatory medications unless your doctor instructs you to do so.
9. Call your doctor if you have any fever or chills, shortness of breath, leg pain or swelling, or other concerns.