

Breast Augmentation

**Instructions for Before and
After Surgery**



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Preparing for Surgery

- Read the ASPS booklet—if you did not receive this in the mail, ask the nurse for a booklet during your consultation appointment.
- Schedule mammograms and routine dental procedures prior to your surgery. You will not be able to have these appointments for six months after surgery.
- *No smoking for at least one month before and two weeks after surgery. Smoking can impair wound healing and lead to infection after surgery.*
- If you are using nicotine patches or gum, you should stop two weeks before surgery and for at least five days after surgery. If you smoke, we will perform a urine test on the day of surgery to test for by-products of smoking. If the test is positive, your surgery may be cancelled. *There are several support groups for smokers (see the Smoking Policy brochure). We offer a no cost Tobacco Dependence Treatment Clinic at DHMC. You can call (603) 653-9456 to make an appointment.*
- *Do not* take aspirin, ibuprofen, vitamin E, fish oil or any medication containing these products for 14 days prior to and 48 hours after surgery. Other products to avoid are Ginkgo biloba, St. John's wort and garlic supplements. These products may thin your blood.
- To be safe, please take *only* Tylenol® for pain relief.

- Arrange for a support person to help you after surgery with the following:
 - ⇒ Fill your prescriptions.
 - ⇒ Receive instructions for your care after surgery. This person will need to speak with the recovery room nurse while you are in that room.
 - ⇒ Drive you home and be with you for at least 24 hours after surgery.
- Beginning five days before your surgery, apply Bactroban (Mupirocin 2%) to both nostrils twice a day.
- *Do not* shave for three days before your surgery.
- Shower the night before and the morning of surgery with an antibacterial soap such as Hibiclens®, Dial® or Lever 2000®. Take special care to cleanse your chest and underarms. Wash your hair the night before surgery. *Do not* apply deodorant, powder or lotion.
- *Do not* wear any jewelry or nail polish. Please remove all body piercings and sculptured nails may have to be clipped for monitoring purposes.
- Wear a loose, button down shirt for comfort.
- A representative from Same Day Surgery will call you in the afternoon the business day before your surgery. You will be given the time of your surgery and told where and when to arrive. You will also be told when to stop eating and drinking and what medications you should take, if any. If you have questions, you may call Same Day Surgery at (603) 650-5300.

- For those with Mentor® implants: You will have a booklet in your information packet titled "Mentor Memory Gel Silicone-Filled Breast Implants." It is important to read this booklet and sign the "Acknowledgement of Informed Decision" section towards the end of the booklet and bring the signed page with you on the day of your surgery.

The Day of Surgery

- You will be evaluated by your anesthesiologist. You will also meet with your physician. He/she will measure and mark your breast(s) for surgery.
- Your surgery will take approximately two to three hours. After surgery, you will go to the recovery room, where you will stay for one to two hours until stable. Once you are stable, you will be discharged to go home.

Following Surgery

The healing process after breast augmentation surgery varies with each person. Here are some points to keep in mind.

- With any surgery, there is some discomfort or pain. We will prescribe pain medication. You should take it as directed.
- During the first one to three weeks expect to feel tired from the anesthesia and the healing process.
- You may notice a feeling of tightness and pressure. Your breasts will be swollen. The incision will usually be checked and sutures removed about one week after surgery.

- Expect some drainage from the incisions for the first few days.
- If you have access to the internet, you could visit the web sites:
 - ⇒ breastimplantsafety.org
 - ⇒ breastimplants411.com
 - ⇒ implantinfo.com

What you can do...

- ✓ Leave all dressings in place until the doctor removes them or instructs you to do so (usually two days after your surgery).
- ✓ If you are given a soft bra, you should wear it day and night for the first two to three weeks. Your bra may be removed for washing.
- ✓ If you have drains, you will record the drainage and give the totals to the doctor or nurse. When the drainage is 30 ml or less for two days in a row, call the clinic for an appointment to have your drains removed.
- ✓ Take antibiotics and Lactobacillus while your drains are in. If your prescription runs out while your drains are in, contact our office for a refill.
- ✓ At your first post-operative visit, you may be instructed to begin breast/implant massage (depending on your type of implant), if directed by your surgeon. You will be given an instruction sheet on massage technique to begin five to twelve days after your visit. This should be done three times a day for ten minutes for the first three to six

months. Thereafter, once a day, unless directed otherwise by your physician.

- ✓ Review limitations in arm movement with your doctor. Usually, you will be asked to limit arm motion for 48 hours.
- ✓ You will be able to return to work in two to three weeks.
- ✓ Four to six weeks after your surgery you may begin scar massage. Scarring is a natural part of the body's healing and is an unavoidable side effect of surgery. Your incisions will get red and bumpy in the first three months as your body builds scar tissue. This is the best time to talk to your doctor about scar massage (see the scar massage handout). We recommend that you begin scar massage when your incision is stable, usually four to six weeks after surgery. By your six month appointment, the scars will have lightened and flattened. However, it takes at least a year for your scars to finish maturing.
- ✓ Protect your incision line from the sun for at least six to twelve months by using sunblock and protective clothing.

What you can not do...

- ◆ *Do not* use aspirin, products containing aspirin, ibuprofen, fish oil or vitamin E for the first 48 hours or until instructed by your physician. These products may increase bleeding. You may take Tylenol® or your prescription pain pill if you are experiencing pain.
- ◆ You may shower 48 hours after your surgery. If you have a drain, make sure the water resistant drain dressing is firmly in place. You will be instructed how to change this dressing if it gets wet or falls off.

- ◆ *Do not* soak in a bath or use a hot tub until your incisions are completely healed.
- ◆ *Do not* use over-the-counter lotions, solutions or herbal preparations on your incisions unless directed by your physician.
- ◆ *Do not* sleep on your side or stomach until your physician gives you permission. We ask that you sleep on your back for about one to three weeks after your surgery.
- ◆ *Do not* engage in sexual activity for at least the first week after surgery.
- ◆ *Do not* drive a motor vehicle until you are off all prescription pain medicines and can handle the steering wheel without any discomfort, usually one to two weeks after surgery. You will be able to wear a seat belt if you place a small pillow over your chest area.
- ◆ *Do not* use your arms or elbows to push yourself off the bed, out of a chair etc., usually for about one to two weeks, depending on your surgeon.
- ◆ *Do not* engage in strenuous activity for at least four weeks. You may begin to do leg and lower body exercises by the end of the third week but do nothing using the upper body for at least four weeks.
- ◆ *Avoid* bending down below the waist or lifting heavy objects. Do not lift anything over 10 pounds for the first four weeks. You can then increase to 25 pounds once you are four to six weeks out from your surgery. If it hurts, don't do it.
- ◆ *Do not* wear an underwire bra until your physician tells you it is okay; usually about three months.

- ◆ No tanning on incision line for at least six to twelve months.
- ◆ If your implant is under the muscle, you may be advised to not do any exercises that involve the pectorals / chest muscles (such as weight lifting and push ups) for as long as you have implants. Check with your plastic surgeon.

Complications

Call your doctor if ...

- ⇒ Your incision opens
- ⇒ One breast is harder or much larger than the other
- ⇒ You have signs of infection
 - A temperature over 100.4° F or 38° C.
 - Redness of the incision lines that is beginning to spread away from the incision line after the first 48 hours.
 - Yellow, pus-like, or foul smelling drainage larger than dime size from the incision or drain sites.
 - Increased pain/discomfort that is not relieved by your pain medicine.
 - Swelling in one breast more than the other.
- ⇒ Spitting sutures: Occasionally an area of redness and tenderness develops where a dissolving stitch becomes irritated and pushes to the surface. This stitch is clear or white and looks like fishing line. If this occurs, it is not an emergency. You may clip the stitch or call the clinic for an appointment with the nurse.

⇒ Long term complications:

- Capsular contracture (hardening around the implant):
When the normal scar tissue (capsule) surrounding the implant grows tighter around the implant, it can make the implant feel hard or cause discomfort. It can also distort the appearance (i.e. the implant rises and the nipples start to point down; or irregular lumps and bumps). Hardening can occur weeks, months or even years after surgery.
- Implant deflation/rupture: Approximately 3% of saline implants deflate each year in the first three years. This percentage rises as the implant ages. If the implant leaks, the major result is a loss of shape over hours or days. The saline itself is harmless and is absorbed.

Approximately 0.9% of silicone implants rupture each year in the first three years. This percentage also rises as the implant ages. If the implant ruptures, it is not an emergency. There is no evidence that silicone implants are responsible for any major diseases of the whole body. The silicone most often remains in the breast capsule.

Contacting Your Doctor

During office hours:

Monday through Friday from 8:00 am to 5:00 pm

Call **(603) 650-5148**

On weekends or after office hours:

Call **(603) 650-5000** and ask the operator to page the Plastic Surgery Resident on call.

Prescription line:

Call (603) 653-3905 from 8:00 am to 4:00 pm, Monday through Friday for prescription refills. Narcotic renewals will not be honored after hours or on weekends. Make your request a few days before you run out, as it may take up to 24 hours for physician approval.

**For a listing of providers, events, support groups
and health information visit Dartmouth-Hitchcock.org
Manage your health online at myD-H.org**

Dartmouth-Hitchcock Medical Center is a charitable organization and has a financial assistance policy.

DHMC is a Smoke-Free and Tobacco-Free campus.



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