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## **POST OPERATIVE INSTRUCTIONS BREAST AUGMENTATION**

### **General Instructions**

1. Take your antibiotics as prescribed.
2. Take 500 milligrams of Vitamin C twice daily.
3. Ice as needed for swelling—making sure you have a shirt OR towel between you and ice.
4. Take Arnica for bruising (you may purchase it at Dr. Marble's office or at a health food store) topically and/or orally.
5. Wash under your arms with soap and water daily. No showering or any other moisture on the incisions until 24 hours after suture removal.
6. Call Dr. Marble immediately if you develop a fever, redness around your breasts or wounds, drainage, or increased pain.
7. Wear your garments as directed, bra and band/strap for 2 weeks, then bra during the day plus strap at night for 2 more weeks (total 4 weeks). Be sure the garments lie smoothly against your skin. Make sure the band/strap is high in the front and low in the back.
8. Change the gauze pads as needed, but do not remove the steri-strips from your incisions.

### **Prevention of Capsular Contracture and Scar Management**

1. Massage your breasts as instructed beginning one week post op as instructed on first visit.
2. Apply Mederma to scars as directed starting 3 weeks post op. This will be discussed at 2<sup>nd</sup> post op visit.

### **Restrictions and Precautions**

1. **ABSOLUTELY NO SMOKING, SECOND HAND SMOKE OR CAFFEINE FOR 2 WEEKS POST OP.**
2. Avoid lifting and strenuous exercise (for 1 month post op, at least).
3. No underwire bras for at least 3 months
4. Always inform your Dentist or any Physician that you have breast implants as special prophylaxis may be necessary prior to any medical/dental procedure.