

BREAST LIFT AND BREAST AUGMENTATION POST- OPERATIVE INSTRUCTIONS

- Rest and avoid strenuous physical activity for the first week and this will significantly reduce your bruising.
- Place an extra pillow under your head at nights for the first week.
- Avoid excessive use of your arms for the first three weeks.
- Applying ice to your chest for the first 48 hours often reduces the discomfort. You can use an icepack, a wet facecloth placed in the freezer, or a bag of frozen peas or corn.
- You will have a light dressing over your breasts following surgery. This may be removed at one or two days. Beneath the dressing there are tapes over the cuts.
- You should wear a well- contoured support bra once the outer dressing is removed.
- You may begin showering at one week using an antibacterial soap (Dial, Hibitane). Do not remove the tapes but allow them to peel off by themselves which usually happens by two weeks. If you have implants, you will be shown massage exercises and you should start these at one week after your surgery and continue them twice every day for at least three months.
- If your scars will be exposed to sun, regular use of sunscreens such as **AlumierMD with an SPF of 40** is recommended for several weeks afterwards. This can be purchased through our office.
- Do not use Vitamin E cream in the first six weeks or you may widen your scars.
- There is some evidence that your scars may be improved by taping them continuously for about three months. Use 3M Micropore 1 inch paper tape and apply it along the length of the scar wearing it night and day and changing it as necessary. This is optional but you may find it helpful. Scars occasionally will become raised and red. If this is happening to your scar you can try using silicone. This product comes in either liquid form or as a sheet, and is available at the front desk. If your scar is becoming a problem please discuss it with Dr. Demianczuk. You should not begin taping until all the incisions are fully closed over.
- **You should call Dr. Demianczuk's office 604-806-6360 if you have:**
 - bleeding, increasing pain, pus in your surgery area, fever, or increasing swelling of your breasts particularly if this is more on one side than the other.
- After anesthetic you **MUST NOT** operate motor vehicles, boats, power tools, or machinery for 24 hours. You **MUST NOT** sign or enter into any legal contracts for 24 hours. We suggest that a responsible adult be with you following surgery for the rest of the day and night.

PRESCRIPTION :

- Tramacet 30 for pain _____ Take one to two tablets every 4 to 6 hours as necessary.
- Zofran 4-8 mg for nausea _____ Take every 6 hours as necessary
- Other medicines _____

Avoid driving or taking alcohol while using these medicines.

SPECIAL INSTRUCTIONS: _____

FOLLOW- UP APPOINTMENT: _____