

# THE FIRST GLANCE

## BREAST AUGMENTATION POST CARE INSTRUCTIONS

### Supplies to have at home:

- **Your prescription medications**
- **Gravol** (oral medication and suppositories)
- **Advil or Aleve** (be sure to take this with food) – wait until 2 days post op before taking
- **Stool softener (ie: Restorolax/Senokot)**. Used to prevent constipation \*start if no BM for 2 days
- **Polysporin Ointment**
- **Band-aids**
- **Cotton Sports bra/Compression Bra given day of Pre-op**  
\*pls bring Garment with you on day of surgery
- **Underwire bra** (not push up bra, to be purchased after surgery)

### Rest and Relaxation

- It is ok to lie on your side. Do not lie on your chest.
- Wait 2 weeks before participating in physical activities that will increase your heart rate and blood pressure or cause your breasts to move significantly.  
ie: running and aerobics

### Washing

- Remove dressings 24 hours after surgery. Leave your steri-strips in place for 1-2 weeks.
- You can shower. Wash with soap and water.
- Do not soak your surgical sites - no baths, pools, hot tubs, or lake water for 4 weeks.
- Dry surgical site by gently patting with a clean towel or allow to air dry.
- Bleeding from your surgical site may occur following surgery. If it occurs hold constant firm pressure for 10 minutes with a clean towel.

**\*If bleeding persists or one side is becoming much larger than the other, see our emergency care instructions below\***

### Medication

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated.
- Take antibiotics as prescribed at the appropriate times until completed.
- Apply Polysporin to your incision lines once a day once steri-strips are removed

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## **Bra Wear**

- Week 1- Wear your post operative bra for 1 week during the day and at night
  - Week 2 - Start wearing an underwire bra (no push up or padding) during the day for 4 weeks and continue to wear your post operative bra at night for the 4 weeks. (If you find this to be too uncomfortable during the day you may wear your post operative bra during the day for another week)
- You may place a band-aid over your incision for protection from the underwire.

## **FOUR Weeks After Surgery**

- Once incisions healed with NO openings along incisions, begin to massage your incisions with BioOil.

### **Do not use vitamin E**

- Skin Medica Scar Gel can be applied at night to further improve the appearance of the scars
- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning

## **If you have ALLODERM at the time of your surgery:**

- Empty drains as instructed and document drainage. Drains are removed once drainage is less than 30cc's over 48 hours.
- Drains must stay in for a minimum of 4 days
- Place Polysporin at drain site and cover with gauze or a feminine hygiene pad to absorb fluid that may leak out. This is normal and can occur for 1 week.
- Drain sites will close in 7 to 10 days.
- If drainage persists or is predominantly fresh blood go to your nearest emergency department and contact Dr. Brichacek.

**Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.**

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- Coughing up blood / Bloody diarrhea

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## **Follow Up Appointments**

You will have full access to Dr. Brichacek and his medical team during your recovery. Dr. Brichacek.

## **After Hour Care**

If there is a concern about your surgery or your healing, please call The First Glance Clinic at **204-885-1419**.

Take time to rest and recover from your surgery, have a healthy diet and get some sleep.

It is important that you follow these recommendations carefully so we can attain your surgical goals.

*Please consider bringing your old bras to The First Glance on your surgery day. Gently used bras will be donated to local women's shelters throughout the city. Thank-you.*

**In case of emergency please page Dr. Brichacek at 204-898-9933**