

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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The First Glance Aesthetic Clinic & Surgery Centre

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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