Hedden Plastic Surgery Center
William J. Hedden, M.D.

BREAST AUGMENTATION POSTOPERATIVE INSTRUCTIONS

1. First and foremost relax. Your most important role is simply to take it easy and call Dr. Hedden if there is a concern or question. Almost always, the first night after surgery is uneventful. Most patients are surprised to find that it is much easier than anticipated.
2. As Dr. Hedden has explained, breast augmentation usually entails a "muscle pull" on each side of the chest. Like a pulled muscle, some tightness and pain is to be expected for the first 2-3 days. After that time soreness may persist but pain should diminish. Your prescription of Valium will help the most with this "muscle pull" sensation. Pain is best managed by taking your prescription pain medication for the first 2 to 3 days, then switching to Extra Strength Tylenol three times a day. You **must not** take Motrin, Aleve, Ibuprofen or aspirin products until 2 weeks after surgery. It can increase the risks of bleeding if taken too soon after surgery. Do not take Valium and pain medication at the same time. Allow at least 2 hours between these two medications.
3. You need to start walking and taking deep breaths the day of surgery when the effects of anesthesia have worn off. This is to help prevent pneumonia and blood clot formation in the legs. Take deep breaths every hour while awake.
4. Comfort and common sense will determine what is best for you. Maintain comfort by avoiding use of your chest muscles. This is done by keeping the upper arm in a relaxed position along the side of the chest. It will be uncomfortable to go from a lying to sitting position, opening bottles, raising arms, turning door knobs and the steering wheel in the car, etc. Take it easy and do not lift anything over 5 pounds for the next two weeks. Avoid vigorous exercise, yard work, vacuuming, or any other activity that requires excessive arm usage for six weeks. Do not wear tight pull over clothes the first two weeks.
5. Begin your antibiotics the day after surgery unless otherwise indicated. Avoid taking medication on an empty stomach to prevent nausea and vomiting. If nausea and vomiting persists and you cannot hold medications down, use Phenergan suppository to control these symptoms.
6. Minor differences from one breast to the other are normal. One side is usually slightly more swollen, bruised and sore than the other side. Initially one breast may shift lower than the other and look asymmetrical due to the swelling subsiding faster on one side than the other. The breasts will even out usually over the next 6 to 8 weeks.
7. Hematoma, or bleeding inside the breast, is not common, but can occur early after surgery. When this occurs, one breast typically becomes significantly or dramatically bigger, tighter, and more painful than the other. If this occurs, notify Dr. Hedden immediately. He will probably want to examine you at that time.
8. You need to wear your support bra at all times for the next two weeks except when you are showering or washing the garment. After two weeks, you may wear any type of bra that is comfortable, however support in the first several weeks is very important. Remember, it is an investment and support will make your results last longer.
9. Avoid removing bandages until instructed by your physician. Your steri-strips (brown tape) should stay in place for 2 to 3 weeks but may become loose at the edges and can be trimmed as needed.
10. You may shower the day after surgery. You may not submerge yourself in a bathtub, swimming pool, lake, or hot tub for the next 3 weeks until your incisions heal.
11. You may apply Vitamin E Creams, Mederma or Scar Guard to your incision sites 3 weeks after surgery. Using any type of scar treatment will slow down the healing process if used sooner than 3 weeks. Your scar will appear red for the first 3 months but should diminish over time. You may tan but must keep the incision site covered with sunscreen or a band-aid for the first 3 months.
12. PLEASE NOTE: You only have 30 days to contact the implant company to purchase their extended warranty. REMEMBER – keep your implant and warranty information in a safe place for future reference.
13. In case of a medical emergency such as shortness of breath, excessive bleeding, heart palpitations, etc., *call 911*. You may call Dr. Hedden at any time for any reason. He can be reached at the following numbers:
    Office: (205) 980-1744 **Beeper: (205) 234-0074**
14. I understand that if I live outside the Birmingham suburbs I agree to stay the night locally on Hwy. 280

FOLLOW UP VISIT: _____

_____ _____
Signature Date