

Dr. Trevor M. Brooks MD, FRCSC
Plastic, Hand & Aesthetic Surgery
Suite 328 - 770 6th St. SW, Medicine Hat, AB
Mohawk Medical Arts Centre
Tel: 403. 487.0460 / Fax: 403. 487.0462
www.drtrvorbrooks.ca
drtrvorbrooks@gmail.com

Call our office if you have:

- Fever over 37 degrees
- Yellow, green or foul smelling drainage
- A large red area around the incision
- An allergic reaction to the medications, or dressings (this could be shortness of breath, a rash/redness, hives, etc)

Breast Augmentation Surgery Post Operative Care Instructions

Dressings/Bandages:

- Your dressings were applied in the operating room and should remain on, dry and intact for 5-7 days following surgery.
- You should not shower during this period.
- You will see Dr. Brooks at the office one week after your surgery for a dressing change.
- You may shower the day after he sees you. Dry the area by gently patting with a clean towel or allow it to air dry.
- Place a thin layer of Polysporin on all the incisions after you get out of the shower.
- Once the outer dressings are removed a well-fitting support bra (with no underwire) should be worn 24 hours a day for the first week and then daytime only for the next 4-5 weeks.
- Do not soak the area in a bath, hot tub, pool, etc. until the wounds have completely healed, usually 2-3 weeks after surgery.
- Your sutures are dissolvable and hidden under the skin.
- There will be bloody drainage on the dressings - this is normal.
- If bleeding occurs, hold constant firm pressure for 10 mins with a clean towel. If bleeding continues or one side is becoming larger than the other, seek emergency care, and then contact Dr. Brooks to inform him.

Medication:

- Take your regular medications as prescribed.
- Typically a pain medication and an antibiotic will be prescribed post operatively.
- Do not drive while taking the pain medication.
- Make sure you finish the entire antibiotics prescription.

Return to Work:

- Most patients will return to work around 3-4 weeks post operatively.
- If your job requires heavy lifting, you may need more time before returning to full duties.

Activity:

- You should take it easy for the first week, but you **NEED** to be UP and walking around 4-5 times a day to decrease the risk of blood clots.
- Do not lift anything heavier than 10 pounds for the first 4 weeks.
- Do not raise your arms above your shoulders for the first week.
- Avoid driving until you are no longer on pain medication and you feel you can safely operate a vehicle.
- Beginning the second week you may resume full range of motion with your arms as pain tolerance permits.
- No sports nor heavy house/yard work for 4-6 weeks after surgery.
- Avoid sexual activity for 2 weeks and then be careful for the next 2 weeks.
- You may begin scar massage at three weeks post operatively. Use firm pressure and cream on the scar. Creams with vitamin A, vitamin E, or aloe are all good choices. A high quality scar cream is available at Dr. Brooks's office at your follow up.

Sleep: Sleep on your back or side for the first 4 weeks after surgery. If comfortable you may sleep on your stomach after that.

Diet:

- Resume your regular diet.
- Drink plenty of fluids, but stay away from alcoholic and caffeinated drinks.
- Avoid smoking 4 weeks before and 6 weeks after surgery.

Sunshine: After 3 weeks if your surgical site is to be exposed to the sun, apply sunscreen SPF 45 or higher for at least 1 year to prevent the scar from tanning.

Your Follow up Appointment:

One week after your surgery Dr. Brooks will want to see you again.

To ensure you will get in within this time frame please call promptly after your surgery (403) 487- 0460.