Augmentation Mammaplasty: Care at Home
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You and your surgeon have decided that you will have an augmentation mammoplasty (breast enlargement).

How is the surgery done?
It is usually done under general anesthetic (you will be put to sleep). A pocket is made between the chest wall and breast tissue. A saline or a gel implant is placed into this pocket.
After surgery
You may be able to go home on the day of your surgery.

Care of your incision

• You may have a binder dressing. This goes over your breasts and around your body. It can be removed in ___ days.

• Small pieces of tape (Steri-Strips™) will be placed over the incisions (cuts). These will be removed by your doctor in 7-10 days.

• You may have drains to prevent any fluid from collecting. They should be removed after ___ days.

• You will need a soft supportive sport bra. Your doctor will tell you when you can wear a regular bra.

• You may shower with your doctor’s permission after ___ days.

• Do not take a bath or swim until your surgeon gives you permission.
Discomfort

- You may feel tired and sore for a few days.
- You will be given a prescription for pain pills before you leave the hospital.
- There may be a burning sensation in your nipples for about 2 weeks. This will subside as the bruising fades. The breast swelling may last for 3-5 weeks.

Activity

- Do not do any strenuous (hard) exercise for 4 weeks.
- Do not lift anything over 10 pounds for 4-6 weeks.
- You may lift your arms to gently comb your hair.
- Gradually increase your activity to include short walks.
- If an activity hurts, avoid it.
- Return to work as your doctor advises.
Call your surgeon if you have:
- Redness, swelling, or warmth around the incisions
- Drainage from the incisions
- Any separation of the incisions
- Increasing pain or tenderness around the incisions
- Pain not relieved by your medication
- Fever and/or chills

If you have any of the above problems, contact the Plastic Surgery resident on call at QEII locating (902) 473-2220 for further instructions.

If you have any questions, please ask.
We are here to help you.
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*Illustration by: Staff, Capital Health*  
*Designed by: Capital Health Library Services, Patient Education Team*  
*Printed by: Dalhousie University Print Centre*

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WS85-0649 Revised May 2014  
The information in this pamphlet is to be updated every 3 years.