

2014

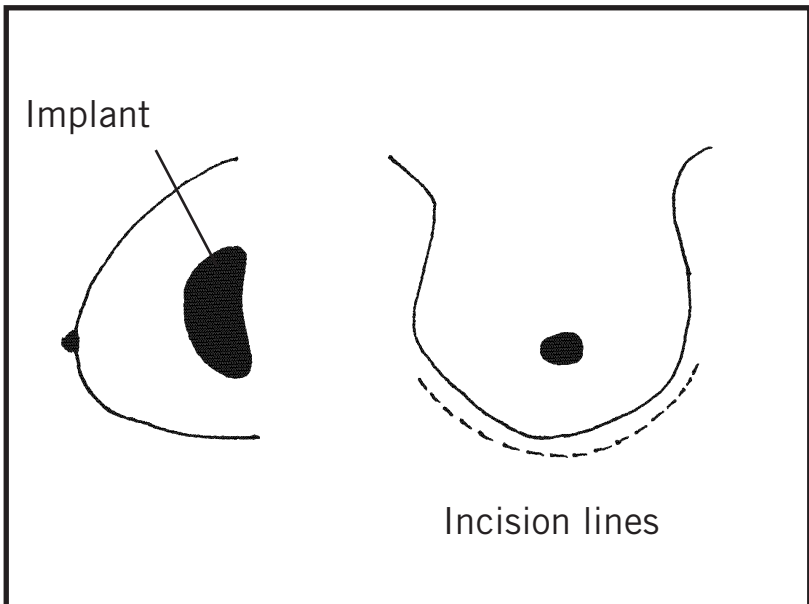
# Augmentation Mammoplasty: Care at Home

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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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