

BREAST AUGMENTATION

AFTER CARE INSTRUCTIONS

GENERAL INFORMATION:

Breast Augmentation or breast enhancement involves placing a breast implant, saline or silicone through a small incision into the breast, typically under the chest muscle. This can include a breast lift and possible removal of scar tissue if this is a secondary breast augmentation. Breast implant size and incision type will be discussed with Dr. Trussler prior to your operation.

PREPARING FOR SURGERY

One Week Prior to Surgery:

- Stop all Aspirin, NSAIDs (Motrin™ (Ibuprofen), Alieve™ (Naprosyn), etc.) and Vitamin supplements containing fish oil and Vitamin E, 1 week prior to surgery, as they can all promote bleeding.
- Purchase a sports bra that has a zipper or clasp in the front.
- Have requested study results (labs, mammogram, medical clearance, etc.) forwarded to the office.
- Pick up 4 x 4 gauze, triple anti-biotic ointment (Neosporin™ or generic), Hibiclens™ Skin Cleanser, and paper tape at the pharmacy.

Three Days Prior to Surgery:

- Start Hibiclens™ Skin Cleanser (available at pharmacy) as a body wash for all body and breast cases, especially for breast surgery with breast implants.
- Start Bromelain 3 days ahead of surgery (2 pills 3 times per day on an empty stomach).
- Arnica is provided and should be started after surgery (3 tabs sublingual 3xday).

THE DAY OF SURGERY

- Wear something loose and comfortable that has a zipper in the front.
- Nothing to eat or drink after midnight.
- If you take routine medications, it is appropriate to skip your morning dose of medications. Please discuss taking thyroid medication, cardiac and/or blood pressure medications prior to surgery.
- Bring your prescribed post-surgical medications with you, for use immediately after surgery, if needed.
- Arrive at the surgery center at least one hour prior to the surgery start time.

POST-OP CARE:

Have someone drive you home and stay with you for 1-2 days.

Medications will be called to your preferred pharmacy prior to surgery.

- Take pain medication and muscle relaxers as prescribed. Do not drink alcohol with these medications. Over the counter stool softeners and/or laxatives should be taken with the pain medication to prevent constipation. Colace, Biscodyl, Milk of Magnesia are all available at your pharmacy and can be taken as directed.
- Ibuprofen (Motrin) can be started the day after surgery. **Take one to two tablets every 6 hours for 2 days and then as needed.** (Can be taken with oral pain medication)

Do not smoke or be around smokers as smoking even second hand smoke delays healing and increase risk of complications.

Get plenty of rest. The general anesthesia, and/or pain medication can all promote insomnia; therefore a sleep aid may be taken if needed.

Follow a well balanced diet to include protein and limit the amount salt intake. Protein supplementation can be started one to two weeks before surgery and should include over 30 grams of additional protein. This should be continued for three weeks after surgery. A high salt diet or meal, can lead to increased swelling and prolonged recovery.

Oral hydration should include the use of electrolyte containing fluids such as Gatorade or a low calorie substitute. Limit the amount of caffeinated beverages as they can promote dehydration; however Dr. Trussler recommends you maintain your daily average of caffeine to avoid headaches.

ACTIVITIES:

It is advisable to move your arms above your head, but do not perform any heavy lifting more than 20-30 lbs.

Walking is encouraged the day of the operation and can be increased over the first 2 weeks. Cardiovascular exercise can be resumed after 2 weeks with all activities to be resumed at 4 to 6 weeks.

You may wear a camisole or even no bra after surgery. Generally, you will feel more secure in the bra given to you after surgery. Dr. Trussler will advise you when you may wear an under-wire bra (usually 4 weeks after surgery).

You may shower the day after surgery. No submerging the incisions or breasts for at least 3 weeks after surgery.

Breast implant massage should start after your first post-operative visit. Dr. Trussler or his staff will show you how to perform these breast exercises and an illustration will be provided. You should be committed to doing these exercises on each breast three to five times daily for approximately 6 weeks.

Driving may be resumed within 5-7 days. Make sure you are comfortable with the steering wheel and not taking pain medication.

INCISION CARE:

Your breast incisions will be closed with absorbable stitches that are under the skin. There may be very fine stitches placed in the skin, which will dissolve.

- The incisions will have clear, skin glue coverings, which may be dressed with clear plastic adherent gauze. These can be left in place until your first follow-up appointment.

- The skin glue will protect the incision for over 3 weeks.
- If you have stitches, they will be removed in 7-14 days.

You may shower the day after the operation. Make sure someone is with you at your first shower.

Bra should be removed for showering. Any gauze or tape can be discarded and do not need to be replaced after the first shower.

You may gently begin washing your breasts with mild soap and water but do not submerge the incisions for at least one month.

WHAT TO EXPECT AFTER:

You may expect to have some numbness in your chest as Dr. Trussler does inject long lasting numbing medication into the breast area during the procedure. As this wears off, you may experience feeling tight with pressure in your breast area. This will resolve over time, but may worsen over the first 2 days.

You will initially feel like your implants are too high and too large. This will resolve over the first 4-6 weeks post operatively as the muscle and soft tissue of the breast relax.

Bruising and swelling are normal for 2 to 3 weeks.

Sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.

Scar Care with SkinCeuticals® Body Firming Cream, SkinMedica® Scar Recovery Gel or Silicone (NewGel®) Sheets are available in our office, but usually are not necessary for breast implant surgery.

If you have major dental work or major surgery within 6 months of surgery, please notify Dr. Trussler so he can prescribe a pre-operative medication to protect your implants from possible infection.

Constipation is common after any operation, and is secondary to the anesthetic, pain medication and dehydration. Please stay well hydrated and pick-up a stool softener and/or laxative with your prescription medications.

Recommendations include:

- Docusate (Colace) 100mg orally twice daily when taking pain medication
- Milk of Magnesia 30cc/1 tbsp. twice daily when taking pain medication
- Prune juice or Sorbitol orally
- Biscodyl or Magnesium Citrate as needed for constipation

WHEN TO CALL THE OFFICE:

- If you have increased swelling and bruising of one breast significantly more than the other: remove the bra to make this determination if it is concerning as this may represent a breast hematoma (collection of blood).
- If you have increasing redness or swelling around the incision.
- If you have sever pain not relived by pain medication.
- If you have any side effects from medication: rash, nausea, headache, vomiting.

- If you have fever over 101.
- If you have yellow or greenish drainage from incision or notice a foul odor.
- If you notice some vaginal burning and itching as a result of the antibiotics used during and after surgery.

For medical questions, please call the office at 512.450.1077. Dr. Trussler should be paged/called on his cell phone for any urgent or emergent medical issues.

FOLLOW-UP CARE:

It is important to be seen by Dr. Trussler 5 to 7 days after your surgery. You will then schedule follow up visits within 1 month, 3 months, and yearly for implant check-ups.