

Bonnie J. Baldwin, M.D.
Aesthetic and Reconstructive Plastic Surgery
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BREAST AUGMENTATION POST-OPERATIVE INSTRUCTIONS

1. After surgery a surgical bra with gauze dressing will be in place for 1 to 2 days. At the first post-operative office visit dressings will be removed. The surgical bra should be worn 24-hours a day for a minimum of 1 week. This bra may be replaced with a camisole (with or without a shelf bra) or a sports bra after the first week. Either the surgical bra, camisole or sports bra should be worn for support and comfort both day and night for 6-weeks post-op. **Avoid** underwire bras as they may cause irritation to the healing incisions.
2. You may shower 48 hours after surgery but replace bra immediately.
3. Rest and sleep with your upper body elevated at 45 degrees or on several pillows. Lying flat may cause additional swelling. Although rest is essential during the early recovery period, it is also important for you to exercise your legs. Walk for about 10 minutes every 2 hours during the daytime to reduce the risk of blood clots in your legs.
4. You will have incisions with small clear suture ends. Steri-strips will cover incisions and suture ends. The steri-strips will be removed and suture ends will be trimmed at the 3 week post-op visit.
5. Do not lift your arms above your shoulders for a minimum of 2 weeks. Also, you are restricted from lifting anything heavier than five pounds, pushing or pulling for a minimum of 2 weeks. Do not perform repetitive motion tasks i.e. laundry, dishwasher, dusting, vacuuming, etc during the first week at least.
6. **NO exercising for 6 weeks** as this could cause additional bleeding, swelling or displacement of the breast implants.
7. Take medication as prescribed by Dr. Baldwin.
8. You may drive 4 to 5 days post-operatively if you **are no longer** taking pain medication.
9. Post-operative follow-up visits are required. You will be scheduled to return to our office where we will monitor your progress to ensure the best result possible.
10. Please immediately report elevation in temperature, sudden swelling or discoloration of the breasts, excessive bleeding or discharge from the incisions or any signs of infection.
11. Should you have further questions please contact the office during office hours, Monday through Thursday 8:30 A.M. until 4:30 P.M. and Friday 8:30 A.M. until 1:00 P.M. After these hours the answering service will direct your call to Dr. Baldwin or her associate.