Pre and Post-Operative Information for Augmentation Mammoplasty

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This handout provides information on how to prepare for your operation and what to expect as you are healing after your operation. Please call, the office, (24 hours/day) if you have ANY problems or questions that concern you. When the office is closed the phone will forward after several rings to an answering service. If the phone does not forward you may contact the answering service directly at 316-262-6262. If you need immediate attention, or for some reason you are unable to contact me, call 911 or go to the emergency room nearest your home.

These are some guidelines to help you during your recovery. They are not meant to be all inclusive and you should call the office if you have additional questions or concerns.

PREPARING FOR SURGERY:

- Do not take products containing aspirin, ibuprofen (Advil, Motrin), Vitamin E or red wine for 2 weeks prior or for 2 weeks after your operation. Many medications contain these compounds which are known to prolong bleeding. It is safest to take only Tylenol® for aches and pains prior to your operation. Read the separate instruction sheet on medications to avoid prior to surgery. Smoking may adversely affects wound healing after surgery.
- Your prescriptions will be given to you ahead of time. You should fill these prior to your operation and have them available for when you arrive home.
- Please arrange for a friend or family member to stay with you for the first 24-48 hours following your operation. Arrange for a family member or close friend to drive you home and assist in your care. Otherwise, you will not be able to check out from the surgery center.
- Be aware that you will not be able to fly for one week and after your first visit following your operation.
- In general, you will need one week off from work.
- You should purchase a supportive sports bra without underwire. Some sports bras have a front zip which is helpful. You will need the bra for 1-2 weeks after surgery. The bra should be loose after surgery not tight. Therefore for augmentation it is recommended that the bra number be about 4 higher than the current size and the cup about one size more than the desired cup size. Therefore a patient who is a 32A and wishes to go to a C cup would purchase a 36C/D large sports bra.
- Confirm your route to and from surgery, with the responsible adult who will drive you. Also confirm plans with your 24-hour support person and make certain he or she has all of your post-operative instructions.
- RELAX! Get plenty of rest and avoid unnecessary stress.
ON THE DAY OF SURGERY:

- Do not eat or drink anything after 12 am. Anything more than a small amount of water as needed for brushing teeth or swallowing medication may result in the need to cancel surgery. This includes candy, gum, and mints.
- Do not wear makeup, contact lenses or jewelry on the day of your operation. Do not use hairspray, gel or mousse.
- Please keep your valuables at home.
- Wear comfortable clothing that is easy to dress in and out of. Wear a shirt that buttons down the front.
- Shower as directed. Use an anti-bacterial, fragrance-free soap. Shampoo your hair. Do not use any scented skin creams or moisturizers.
AFTER SURGERY PLEASE CALL THE OFFICE IMMEDIATELY IF ANY OF THE FOLLOWING OCCUR:

- A high fever (over 101º), or incoherent behavior, such as hallucinations.
- Pain not relieved by medication or severe pain
- Severe or asymmetric swelling
- Bright red skin that is hot to the touch
- Bleeding or fluid seeping through the incisions
- Yellowish or greenish drainage from the incisions or notice a foul odor.
- If one breast quickly becomes larger than the other
- Bruising is localized to one breast or region of the chest
- Persistent nausea, vomiting, constipation
- Inability to urinate 8 hours after surgery
- Coughing and/or difficulty breathing. Short of breath that is not relieved by sitting in the upright position.
- If you have loss of feeling or motion

- Symptoms of blood clots in the leg (DVT) - Very few patients would have all of the symptoms below
  - Deep vein thrombosis Usually occurs in one leg, above or below (DVT) the knee
  - Swelling: one calf or thigh larger than the other
  - Depression remaining when swollen area is pressed with a finger
  - One leg warmer than the other
  - Leg pain, which may increase when standing or walking
  - Tenderness of the leg that may be confined to one area
  - Change in leg skin color (bluish or red)
  - Low-grade fever (rare)

- Symptoms of Pulmonary Embolism - Very few patients would have all of the symptoms below
  - Chest Pain
  - (PE) Shortness of breath or difficulty breathing
  - Coughing up blood
  - Rapid breathing
  - Rapid heart rate
  - Sweating
  - Lightheadedness

- If you have ANY questions or concerns regarding your condition or surgery
WHAT TO EXPECT  TYPICAL POST-OPERATIVE SYMPTOMS

- Incisions will be taped with steri-strips. **Do Not** rub the incision sites or remove the steri strips over the incision (if a few steri-strips fall off in the shower it is okay and they do not need to be replaced). It is important that the surgical incisions are not subjected to excessive force, swelling, abrasion, or motion during the time of healing.
- Maximum discomfort will occur the first few days after surgery.
- You may experience temporary soreness, bruising, swelling and tightness in the breasts as well as discomfort in the incision area. **IF CONSISTENT SHARP PAIN OR SUDDEN SWELLING CONTACT OUR OFFICE IMMEDIATELY**
- There may be some numbness or tenderness of the nipples or skin around the incisions and a feeling of tightness that will improve with time. A permanent change in sensation of the nipples is uncommon.
- Shiny skin or any itchy feeling: Swelling can cause the breasts skin to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling of the breasts. An antihistamine like Benadryl can help to alleviate severe, constant itchiness. **IF THE SKIN BECOMES RED AND HOT TO THE TOUCH, CONTACT OUR OFFICE IMMEDIATELY.**
- A sloshing sound or sensation: This is not the result of your saline implant filler, but rather of air that is trapped in the implant pocket and fluid that may naturally accumulate. This is perfectly normal and will resolve within 2-4 weeks.
- Expect severe swelling and "high" implants. The breasts will be very swollen. The upper breasts will be swollen and "square" in appearance. This is usually due to the implants being in a superior position and swelling of the pectoralis major muscle. This swelling will naturally decrease greatly in the first 4-6 weeks after surgery.
- Some bruising and swelling is normal as well as a small amount of oozing along the incisions. Some uneven swelling and irregularities may be noticed. However, they will resolve over time during the healing process. You will continue to improve up to one year after surgery. Please notify us if you are experiencing any severe swelling or any change in the color of the skin along the incisions.
- Occasionally, you may encounter a sore throat due to anesthesia. Lozenges, such as Cepacol, will relieve this discomfort.
- Many patients have some periods of discouragement or mild depression after cosmetic surgery. It is natural to be concerned when you are swollen and bruised.
- Resuming social activities and returning to work depend upon the level of physical activity and public contact you require, as well as the swelling and bruising you may develop. The average patient goes back to work or social activities in 5 to 7 days.
- **After all stitches have been dissolved or removed, the scars may appear a deep pink color. There will be a varying amount of swelling in and around the scars themselves. With the passage of time, the pink will become white, the firmness of the scar will soften and they will become less noticeable. Each individual varies with respect to healing, but it takes approximately one year for these changes to occur in most scars.**
DAY OF SURGERY INSTRUCTIONS

When you are ready for discharge from the surgery center, you will be released to the care of your support person. All of these instructions should be reviewed by and clear to the adult who will be with you for the first 1–2 days following surgery.

- Rest, but not bed rest. While rest is important in the early stages of healing, it is also important that you stay active after surgery. As you recover, during waking hours, spend about 10 minutes every 2 hours engaged in light walking. It is fine to go outside and walk a bit if the weather is nice. Walking is important to maintain good blood flow in your legs and to keep your lungs inflated and working well and prevent blood clots in the leg. Read the separate instruction sheet on DVT safety.
- Take some deep breaths after surgery every hour or so while awake. It may hurt to take deep breathes after surgery, but it is essential to help prevent the possibility of pneumonia. Sitting up at an angle will help take some of the pressure and tightness off of the chest.
- Recline with your head and chest slightly elevated above your lower body. This is a good position for most patients. However, you may rest in any position that is comfortable, even in a flat, supine position. After a few days you may start lying on your side with a pillow supporting your back if comfortable.
- Do not use ice, ice packs or heating pads.
- Good nutrition. Fluids are important following surgery. Consume non-carbonated, non-alcoholic, caffeine-free beverages including fruit juices, sports drinks, water, milk and yogurt drinks. You should drink at least 8 ounces of fluid every 2-3 hours. Nausea is common after surgery, so start with soft, bland, nutritious food for the first 24 hours.
- Take all medication as prescribed. Generally most patients only take Tylenol and the Antibiotic. Most patients do not need the Narcotics. If you are sleeping, you should not be awakened to take narcotics or muscle relaxants. These medications can make you even sleepier and over-sedated. Over-sedation can be dangerous and must be avoided.
- Smoking. Smoking reduces blood flow in your skin and adversely affects wound healing. We advise you not to smoke at all during at least the first two weeks after surgery. Second-hand smoke is also harmful and should be avoided.
- Travel limitations. In most cases, you should plan to remain within a reasonable traveling distance of our office for at least a few days after surgery, in case you develop a problem requiring emergent or urgent attention. This is not the time travel far away to visit relatives or to take a vacation. If you travel as a passenger at any time for the first month after surgery please take a travel break every 30 minutes or so at a gas station on the way and take a light walk in the convenience store for a few minutes or so to prevent blood clots in the legs.
- Relax. Do not engage in stressful activities. Do not lift anything greater than 5 pounds. Just take care of yourself and let others tend to you.
ONE TO SEVEN DAYS FOLLOWING SURGERY

During this time you will feel better with each day that passes. Begin to ease into your daily activities, as tolerated.

- Remove all of your gauze dressings and shower 24-48 hours after surgery. Take a brief warm (not hot) shower. All dressings should be removed. Water, soapy water, and shampoo water can run over your incisions. Have someone assist you in the shower in case you feel faint. Keep the water pressure on your back and not directed toward your breasts. The steri-strips over the incisions can get wet in the shower. Do not soap or rub your incisions. Pat the wounds gently with a towel to dry off. Your wounds may seep a small amount of fluid and blood during the first two days after surgery.
- The tape strips will be removed at your first visit. A special skin prep which is blue and orange in color will stay on the skin for a few weeks; do not try to scrub it off.
- Do not take a bath or soak for one month, and no hot tub or spa for 2 months.
- Wear your surgical bra, unless it is uncomfortable for you. It should be loose especially along the bottom. It is not necessary to wear it around the clock unless you desire the extra support. A camisole with bralette is often most comfortable. No under wire or push-up bras should be worn for 2 months.
- Take all medications as prescribed Take your pain medication and muscle relaxants only as needed. You may wish to switch from prescription pain medication to acetaminophen (Tylenol) as your pain level decreases. Avoid aspirin and aspirin-like products for two weeks-this includes ibuprofen (Motrin) and naproxen (Aleve).
- Do not resume any exercise, other than regular walking. Walking is essential every day to prevent the formation of blood clots. Continue to pamper yourself. Try to avoid straining. No matter how good you feel, do not clean the house or do yard work, etc! We do not want you to bleed or cause any unnecessary swelling and/or bruising.
- Move your arms as usual. You may gently move your arms over your head
- Maintain a healthy diet. Do not consume alcohol while taking your pain medication.
- Constipation. Due to the narcotic pain medication, the gastrointestinal tract will slow after surgery and constipation can occur. The sooner narcotics are stopped, the less of a problem this may become. Also, the prescribed stool softener is helpful to limit this problem. After a few days, it is appropriate to use over-the-counter laxatives in either liquid, tablet or suppository form. Milk of Magnesia and Dulcolax tablets or suppositories are appropriate treatments.
- Expect weight gain. You will temporarily gain weight after surgery. This is caused by water retention, which is a normal hormonal response to the stress of surgery. Your face and hands may even swell due to this fluid retention. Donâ€™t be concerned with this. Indeed, we advise that you do not even trouble yourself by checking your weight after surgery. The fluid will be mobilized and excreted by your kidneys in 1-2 weeks after surgery.
- Resume driving when you are physically ready and off narcotics and muscle relaxants. You must not drive while taking muscle relaxants or narcotics. And, you must have adequate arm range of motion, strength, alertness and stamina to resume driving. The determination of when you are ready to drive is up to you, keeping the above issues in mind. Most patients can resume driving 5-7 days after surgery. Do not drive for long distances however for one month.

Your first post-operative visit is scheduled for: ___________________________

Remember - Someone will need to drive you to your first post-op visit.
ONE TO FOUR WEEKS FOLLOWING SURGERY

- Begin wearing deodorant and underarm shaving. You may begin shaving your underarms up to the incisions. You may also wear spray deodorant.
- Begin scar management. We will instruct you on how, and when, to begin scar management. We will provide you with product information at your post-op visit. Scar management includes the use of silicone strips and silicone scar massage, once your tape strips fall off.
- Do not lift anything greater than 15 pounds. No tennis, golf, softball or other sports with similar swinging motions. Avoid aerobic exercise that may cause a lot of bouncing of your chest and breasts. You may resume light exercise four weeks after surgery. (i.e. walking on the treadmill, exercise bike or elliptical machine)
- Intimate relations. You may resume sexual activity as your body allows. Typically, with caution, you may have sexual activity 2-3 weeks after surgery. You may be a more active partner at 4 weeks. An increased in your pulse or heart rate may cause additional bruising, swelling, and the need to return to surgery to control bleeding. The general limitations in physical activity listed above should be followed. Let common sense be your guide.
- Expect severe swelling and "high" implants. The breasts will be very swollen. The upper breasts will be swollen and "square" in appearance. This is usually due to the implants being in a superior position and swelling of the pectoralis major muscle. This swelling will naturally decrease greatly in the first 4-6 weeks after surgery. You may be instructed to begin breast implant massage only if necessary in order to lower a very high implant. This will be discussed at the one week post-op visit. We will instruct you on proper technique during your first post-op visit if needed. A band bra may be also be placed to lower a very high implant if needed. This bra will be applying pressure to the upper half of your breast to keep the implants low.
- No under wire or push-up bras until 2 months and until the implants are not in a high position.
- You may sleep flat. However, do not sleep on your abdomen. If you are a side sleeper, a soft pillow under your mid-back and shoulders may offer more comfort and support than a single pillow under your head.
- Practice good sun protection. Do not expose your breasts to direct sunlight or tanning beds. If you are outdoors, apply at least an SPF 30 to the chest area at least 30 minutes prior to sun exposure. Your chest region and breast skin are highly susceptible to sunburn, and the formation of irregular, darkened pigmentation.
- Do not take a bath, unless your wounds are completely healed. Once the tape strips or glue are off, and if your wounds are completely sealed, then you may soak your wounds in a bath, pool. No hot tubs for 2 months.
- Follow-up with any breast implant manufacturer paperwork and warrantee enrollment, as necessary.
- Support. As you heal, support from your family and friends is very helpful, but because they may not understand what constitutes a normal post-operative course, their comments may unintentionally create concern for you. We will tell you honestly how you are doing and what we expect your results to be. Please trust our knowledge and experience when we discuss your progress with you.
- Healing. Everyone has the capacity to heal. However, this capacity depends on a number of factors such as your genetic background, your overall state of health and lifestyle (exercise, diet, smoking, drinking, etc.). We can facilitate, but not accelerate the healing process. Please take an active role in your recovery, but, at the same time, understand the importance of following our instructions. Your cooperation and close attention are very important in helping you avoid preventable setbacks and allow you to recover as smoothly as possible.
Discussing your surgery. Although plastic surgery has certainly become a common topic of conversation, your friends may still be reluctant to bring it up and discuss what they believe is a private matter. Patients occasionally feel upset that "no one noticed" or "said anything". If you feel comfortable discussing your surgical experience, do so openly. When people ask how you are, respond by saying "I feel wonderful, I just had cosmetic breast surgery and I am recovering." This lets people know that they may talk freely with you. Often, when patients are open, they find that their friends are very interested in discussing the subject. Such open human interaction can help provide you with catharsis and emotional support after surgery.

Depression. Your body (including your brain) is exposed to great amounts of physiologic and mental stress after surgery. This is caused by a number of factors. Your hormone and steroid levels are elevated and you are taking medications (especially the narcotic and muscle relaxants) that directly affect your physiology and psychology. Your sleep cycle is probably disrupted, so you are likely sleep deprived. All of these factors, combined with the emotions and expectations you have invested in your surgery, can lead to a brief "let down" or "depression" after plastic surgery. Some patients may subconsciously have expected to feel or look better "instantly" even though they rationally understood this would not be the case. Patients commonly question their decision to have cosmetic surgery during the first few post-operative days. As healing occurs, and as your physiology, stress level and sleep return to normal, these thoughts usually disappear. If you feel mildly depressed, understanding that this is a natural phase of the healing process may help you cope. If this happens to you, we want you to discuss it with us, especially if depression is severe.

Patience. Please understand that it takes a minimum of six weeks to see the results of surgery coming into final form and, in many cases, your final results will not be fully realized for up to six months after surgery. It simply takes time for the swelling to resolve, your tissues to stretch and soften, and for your implants to drop into optimal position. This means that time is your ally and that tissues and scars will likely improve with time. Understanding this now will help temper your expectations, hone your patience and make for a more pleasurable recovery.

SIX WEEKS FOLLOWING SURGERY

Healing will progress and your surgery begins to take shape.

- You may ease into your regular fitness routine. However, realize that your upper body may require some time to return to prior strength. Avoid direct vigorous exercise for 8 weeks after surgery.
- Continue your breast massage, if so instructed until the implants lower to a natural position.
- Discomfort or tightness and tingling will resolve. Any lingering nipple sensitivity or lack of sensation should begin to greatly improve.
- Practice good sun protection. Do not expose your incisions and surgery areas to direct sunlight or tanning beds. If you are outdoors, apply at least an SPF 30 to the surgical area at least 30 minutes prior to sun exposure. Your skin is highly susceptible to sunburn, and the formation of irregular, darkened pigmentation.
- May resume swimming as desired. As long as your wounds are completely sealed. And hot tubs in 2 months after surgery.
- Post-operative follow-up visit. We will see you around 3 months after surgery for a routine follow-up visit in our office. We will happily see you sooner, as needed.
FIRST YEAR AND LATER ON

- Antibiotics are recommended before having any dental work or any invasive surgical procedure, at any time that you have implants in your body. Your dentist will prescribe antibiotics for you before dental procedures. Please inform dentists or physicians before receiving potentially contaminated treatments (deep dental work, periodontal cleanings, root canals, dental abscesses, oral surgery, gastrointestinal or gynecological surgery, any infections, etc. call if any questions) that you need antibiotics to prevent infection. CIPRO 500mg po bid x 3days, begin the night before procedure. If allergic, KEFLEX 500 mg po bid x 3days begin the night before procedure. Also, DO NOT let an infection linger in the body without seeking attention (sinusitis, bronchitis, pneumonia, etc.) as this rarely can cause implant infection.

- Your implants will continue to settle. Please be patient regarding your implant positions. In some patients (especially those with very small, tight breasts pre-operatively) it takes a full year for the implants to completely soften and drop.

- Usual pain. The nerves around the breasts may be irritated for up to a year after surgery. Don’t be surprised if you experience occasional shooting pain, tingling or "electricity" in one or both breasts. This typically resolves as the inflammation decreases and the nerves fully heal. However, persistent or severe pain should be reported to us.

- Continue healthy nutrition, fitness and sun protection. Practice monthly breast self-exams

- Your scars will continue to mature and settle. If your scars become raised, red, thickened, or wide contact our office. Early intervention is important to achieving well-healed scars. Use of silicone sheets may be recommended. Scars generally mature to fine incision lines in one to two years after surgery.

- If your breast develop an unusually hard feeling, or a highly rounded "squeezed" appearance, call our office. You may be developing capsular contracture. Early treatment may be helpful, so we should see you if this occurs.

- Mammograms. You should resume yearly mammograms, if that is your schedule due to age or other recommendations by your primary physicians. Even if you are not on schedule for a mammogram, it is worthwhile to obtain a new "baseline" mammogram with your new implants in place, within one year after surgery.

- MRI scans. The FDA recommends that patients with silicone gel implants obtain MRI's every 2 to 3 years.

- If your implants should rupture or you suspect an implant is leaking, call us. Most women desire timely replacement of a deflated implant.

- Your body will change with age. The appearance of your body will change too. Any significant weight gain or loss, pregnancy, as well as the normal influences of aging can cause changes to your appearance. You may wish to undergo revision surgery at a later date to help maintain your appearance throughout life. A follow up visit with us is recommended. However, you may call our office at any time if you have concerns or need additional follow-up visits.

I have read all the pages of Pre and Post-Operative Information and understand all of the instructions. I understand that following these instructions is solely my responsibility. I understand that it is also my responsibility to ask Dr. Rieger and his staff any questions I have related to these instructions or about my procedure, health and healing

Signature of Patient or Guardian

Date .. Witness