



BOULDER PLASTIC SURGERY Prof., L.L.C.

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AFTER YOUR BREAST AUGMENTATION (TRANS-AXILLARY)- Returning Home From The Surgical Facility

To achieve the best possible result from your surgery, follow these instructions carefully. If you have questions or problems that are not addressed here, call our office and we'll be happy to help.

1. When you arrive home, make yourself comfortable and relax for the remainder of the day. Feel free to move around, but avoid any heavy exertion for 4-6 weeks. You'll feel tired and sore, and will sleep intermittently. Your energy levels will gradually return. Take several rest periods during the day to "recharge".
2. If your stomach feels fine, progress to foods, as you desire. If you are at all nauseated, do not eat solid foods, just drink small amounts of clear liquids, until the nausea passes. If it persists, call us.
3. During the first few days after surgery, take your pain medication as necessary, preferably after eating to avoid nausea. Most patients find narcotic pain medication unnecessary during the day after about 3-5 days, but still helpful at night for 10-14 days.
4. Your sleep cycle may be temporarily altered by surgery/ anesthesia/ drugs. If this persists, let us know.
5. *Ibuprofen (Motrin, Advil, Nuprin) or Tylenol is helpful starting early in the post operative period, and for an additional 7-10 days following discontinuance of oral narcotics to take you through the soreness phase of your recovery. Aspirin should be avoided for 2 weeks before the planned date of your surgery.
6. Most of your discomfort occurs in the first 24-48 hours following surgery and will decrease each day thereafter. *You may resume normal activities as tolerated.* Normal activities include caring for yourself and lifting routine objects. Ask if you have any questions.
7. You may remove the small gauze bandages from your armpit areas after you arrive home. Their only function is to prevent any small amount of drainage from soiling your clothes. If you have a compression bandage across the top of your chest, wear it 24 hours a day (except during showering) until your follow up appointment.
8. Your incision seals in the first 24 hours following surgery. ***You may shower the day following surgery.*** Do not submerge your armpit areas in a bath, but wetting them in the shower is fine. After showering, towel dry your armpits.
9. You may shave your underarms 4-5 days following surgery. Remember that the incision may be slightly raised for the first few days. When shaving, shave to the edge of the incision until any ridge flattens then shave over the incision. If you nick the incision area, do not be alarmed. The area will heal normally if kept clean.

10. You may apply a spray deodorant that converts to a dry powder after application beginning 48 hours after surgery. Your main goal will be to keep the armpit areas as dry as possible for the first two weeks.
11. All sutures placed in your armpit area are beneath the skin, and will be reabsorbed by your body in a few weeks. You will not damage your incisions at all by normal activity.
12. You may or may not be instructed to wear a bra during the first six weeks depending upon your individual healing.
13. Call the office if you experience persistent nausea after arriving home; temperature over 101 degrees; pain that is not controlled with your pain medication or swelling that is alarming or asymmetrical (if bilateral procedure).
14. Sleep on your back at 45-degree angle on 2 or more pillows the first week after surgery. Change your sleeping position depending on comfort. You will **not** be able to sleep on your chest comfortably for 6-8 weeks, perhaps longer.
15. If you are not given an appointment after you leave the surgical facility, you will need to call the office to schedule one to follow up, within 4-5 days.
16. Call the office if you have any further questions or concerns. **(303) 443-2277**
17. Please also review and be familiar with the after your augmentation section in the patient information material, as well as the summary sheets supplied with your preoperative packet.

