

Patient Name:
Date of Surgery:



Breast Augmentation Discharge Instructions

- Do not drive until you have stopped taking your pain medicine for at least 24 hours. Do not operate motorized equipment, make important or legal decision, or drink alcohol for at least 48 hours. The medications you were given may cause dizziness, and slower reaction time. You should avoid sudden movement changes, including moving from lying to sitting to standing.
- Do not remove tapes from your incisions. Keep tape and incision area dry for three days. After the third day you may shower, but have water to back, do not let the water beat on your incision. Do not swim/immerse incision area until approved by your physician. Once able to shower, do not have water too hot.
- You may resume eating and drinking liquids as tolerated once you get home. Start with something light to eat, progressing from clear liquids to a bland diet.
- No bending, lifting, pushing, pulling, or repetitive arm movement until approved by physician. No exercise for 6 weeks or until approved by physician.
- Do not take aspirin or aspirin-containing products, including fish oil, vitamin E or herbs, for one week after surgery including Motrin, Aleve, Ibuprofen, and Advil. For pain, take prescribed pain medication or Tylenol.
- Sleep sitting up for 72 hours propped on 2 pillows or sleep in a recliner, this helps to reduce swelling.
- While you are on pain medicine you will tend to get constipated so take something to prevent this, including:
 - A. Colace – 100 mg twice a day
 - B. Metamucil
 - C. FiberCon
 - D. Miralax
- You may develop a lump and/or redness at you IV site. If so, apply a warm compress (cloth soaked in warm water) to the area. If this develops and does not improved within 24 hours call the number at the bottom of this page.
- Call if your temperature is greater than 101 degrees, have difficulty urinating, or if your garments get soaked with drainage.
- Get up and walk around the house once an hour and move feel/legs while in bed/recliner to promote circulation and help prevent blood clots.

Problems rarely occur following this procedure. However, if any of the following occur;

-Temperature above 101.0 degrees

-Increased bleeding from incision site

-Increased pain

-Operation site redness

-Excessive Drainage

Please call: **469-325-2073**

I acknowledge receiving the above instructions and understand the explanation of these instructions.

Patient: _____

Escort: _____

Nurse Signature: _____

Date: _____