



## **Breast Augmentation**

*This includes Breast Lift, Breast Lift with Implant, and Breast Augmentation*

### **POST-OPERATIVE INSTRUCTIONS**

- You will have an adhesive bandage in place over your incision. Please keep your dressing clean and dry.
- Initially, you may take a quick shower with your back to the water, keeping your incisions completely dry.
- On post operative Day 3, you may take a full shower. It is okay to get the steri-strips wet at this point but do not remove them. You can gently pat yourself dry with a towel and use a blow dryer (cool setting) to dry the bandages.
- You may or may not have a bra on when you come out of surgery.
  - If you have no bra on when you come out of surgery, you may not wear a bra for a total of 3 weeks postoperatively; this allows the breasts to fall naturally.
  - If you have a surgical bra on when you come out of surgery, please wear this bra for 3 weeks postoperatively; this provides additional support as the breasts heal. This bra may be removed to be washed during the first three weeks, but otherwise should be worn at all times.
- Do the Breast Exercises (see attached sheet) daily for the first 3 months after surgery unless otherwise specified by Dr. Ditto.

Your post-operative appointment is scheduled 2 days after your procedure.

Post Operative Appointment: \_\_\_\_\_

### **CALL DR. DITTO IF YOU DEVELOP ANY OF THE FOLLOWING:**

- Fever of 101°F or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and/or foul drainage from incision area.
- Persistent nausea and/or vomiting.
- Any other medical concerns.

Thanks,

Ditto Surgical  
512-436-9986