

## **BREAST REVISION/SYMMASTIA**

1. Sleeping in an upright, reclined position for 2 weeks after surgery.
2. No heavy lifting for 3 months or longer. Do not strain your upper body muscles for 3 months or longer.
3. No reaching out or above your shoulders for 3 months or longer.
4. Keep your hands and elbows to your side for 3 weeks or longer.
5. No driving for 2 weeks post Breast Revision surgery or until off narcotic pain medication completely and can respond to an emergency. When going back to driving, please keep arms low and only drive short distances.
6. Please take the medications as directed. Never take medication on an empty stomach and space out medications by an hour.
7. Constipation is very common due to the pain medication and anesthesia. Please use Colace over the counter or any laxative that has worked with you in the past. You may start taking something to prevent constipation 2-3 days post-surgery.
8. If you develop a rash or think you are having an allergic reaction to the medication please call our office immediately. Sometimes Benadryl will help.
9. The breast incision line cannot get wet for 6 weeks post-surgery and not until the bolster dressing can come off. When you do go in the shower, use regular soap and water. When you come out of the shower, use your hair dryer on low and cold setting to completely dry incision lines.
10. No ocean or pool water for 8 weeks post-surgery or until the incision is fully healed.
11. No tanning or sun exposure to the incision until the incision has healed completely.
12. Please do not put scar creams or ointments on the incision immediately after surgery. You may irritate the area or cause an allergic reaction.
13. After surgery you will have dressings, surgical bra, Bolster dressing, possible sutures, stockings provided to you. Please leave everything on until we see you, which is usually 1-2 days after surgery.
14. If you do have drains, they are normally removed 7-10 days post-surgery, once the drainage is under 20cc's within a 24 hour period.
15. If you do have sutures, they are normally removed 7-10 days post-surgery, sometimes longer if Dr. Pousti feels they need a few more days. If you are an out of town patient and are no longer in San Diego, you will need to email pictures to confirm your sutures are ready to be removed. Once you have Dr. Pousti's OK, you will then have to use your primary care doctor to remove for you. Please do not put steri-strips on after suture removal. We do not want moisture to build up underneath the tapes.
16. If you do have supportive bolster dressing, please leave on and do not remove for at least 3 weeks. If it needs to be reinforced, you may apply and use more tape to keep it tight and supportive. The longer you can tolerate the bolster dressing, the better for your results.
17. You may expect to be swollen for a few weeks. This is why it will also take time for the breasts to reach their final shape and size.
18. Patients who had Symmastia repair will start wearing the thong bra around week 2-3. Patients will wear this special thong bra for 3 months.
19. For scar treatment most patients will use Silagen, which you may get from our office in the form of a gel or silicone sheeting. Scars will look their worst and angry looking closer to 2 month post-surgery.
20. Wear the surgical bra for a total of 4 weeks. You may wear a comfortable sports bra or regular non-underwire bras after you get rid of your surgical bra. You wear sports bras for 4 weeks.
21. Nice underwire bras are OK once you have full sensation at the bottom of the breast and you are no longer wearing the bolster dressing. This will be closer to 3 months post-surgery.
22. You may have some drainage from the incision lines. This is normal after suture removal and it's usually a light yellow discharge. Please keep the area as dry as possible. If there is significant drainage, please contact our office as soon as possible.
23. If there is redness or tenderness on the incision line, please call our office and send photos.
24. Incision lines and final results may take up to about a year. Sometimes sutures take time to dissolve, and sometimes you may have them reach the surface.
25. Please keep in touch via email and continue to send photos at your 3<sup>rd</sup> week, 1 month, 2<sup>nd</sup> month, 4<sup>th</sup> month, 6<sup>th</sup> month...etc. and also send some photos while wearing cute bras.
26. Please call us with any concerns Monday - Friday from 8:30am-5:30pm or Saturdays from 8am-10am at 619-466-8851. You may email us at [info@pousti.com](mailto:info@pousti.com), but please know that calling may ensure a faster response.
27. If you would like to blog or write a testimonial of your experience in our office, please visit the following websites:

**Yelp.com**  
**RealSelf.com**

Thank you for your reviews. We hope to have made your experience unique and easy transition to your new look.