

Instructions for Breast Augmentation

Division of Plastic Surgery
University Surgical Associates

Dr. R. Michael Johnson

Please avoid the medications on the list provided. If any questions please ask the Doctor who prescribed your medication before you discontinue it.

You should have your prescriptions filled before surgery and bring them with you on the day of surgery.

After surgery please start with sips of clear fluid and advance your diet as tolerated.

Please DO NOT take your pain pills on an empty stomach—this will increase your nausea.

Please take all of your antibiotics according to your prescription.

If you feel like it you may be up and around the day of your surgery, but do not overdue it.

Please rest with a couple of pillows under your head and shoulders.

Please do not sleep on your stomach for at least 2 weeks and avoid raising your arms above your head.

It is normal to have some swelling. This usually reaches its peak within 24-48 hours. If you have any rapid swelling in one area or breast call us immediately.

It is normal to have some bruising of your breasts and adjacent areas. If this does occur it may progress for a while and then subside.

You may take a sponge bath on the day of your surgery, but keep your dressing on and dry for the first 24 hours.

Please wear your bandeau 24 hours daily until your follow up appointment. Remove it only to shower.

Please do not lift any weights for at least 2 weeks.

Please do not do any housework, strenuous exercise or aerobics for 2–4 weeks. We will evaluate each person individually based on their progress and pain.

Notify the office if you experience any of the following:

If one breast is much larger than the other

If you have a temperature of 101.5 F

If you develop any redness on your breast

Please call Cyndi with any questions at 937-208-3999 or the office at 208-2552 and they can find Cyndi or get someone to help you.

Make an appointment to follow up with the doctor in one week.