

**Michael A. Devlin, MD**  
**General Information and Post-Operative Care For:**  
**Breast Augmentation**

The general information and post-operative instructions were carefully written with you in mind. Take the time to read them thoroughly several times. We have found that faithful adherence to the guidelines will give you the smoothest recovery and optimum results. If a question does arise, first refer back to these pages. If you are still uncertain, please call our office at **(501) 227-8811**.

**Breast Augmentation Checklist:**

- Review “Very Important Information” sheet
- Purchase bra (front-closure sports bra without underwire)
- Purchase antibiotic, pain medication, anti-nausea medication as prescribed
- Mammogram (if requested by your surgeon)
- Review and sign consent form (bring to surgery with you)

If you have any last minute questions, please do not hesitate to call our office prior to your scheduled surgery (501)227-8811.

**Before your surgery:**

1. Have all medications and supplies purchased prior to surgery. These include an antibiotic, pain medication, and anti-nausea medications. You will also need to purchase a support bra. We ask that you wash this bra and bring it with you the day of surgery.
2. The doctor may require a pre-operative mammogram if you have a history of a breast mass, previous breast surgery, a family history of breast cancer, or you are due for your routine mammogram.
3. Make your first post-operative appointment shortly after your surgery. Your first post-operative visit should be 10-14 days after surgery.
4. Start your antibiotic the night prior to surgery. Taking an antibiotic with food decreases the likelihood of experiencing GI symptoms. **DO NOT** take your antibiotic the morning of surgery.
5. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT** 🕒 the evening before your surgery. This includes water and chewing gum.
6. Do not use any creams or lotions on the intended surgical site prior to surgery. (If so, our marking pen will not adequately mark your skin.)
7. Please wear a front closure shirt (button or zip up) to the surgery center on the day of your surgery. This will ease your discomfort in dressing after surgery.

**After your surgery:**

1. Restart your antibiotic the night of your surgery. Take the antibiotic with a light meal. Continue the antibiotic as prescribed until it is **ALL GONE**. If you do not feel like eating, try a few crackers and soda prior to taking the antibiotic.
2. Sleep in a semi-sitting position for 48 hours following surgery. Propped up on pillows or sleeping in a recliner are both acceptable.
3. You may take your first shower on post-op day one unless you have a pain pump in place (in this case, wait until the pain pump is removed on day 2). Do not let the water hit your breasts directly, allow it to trickle down. Wash with soap and water. Pat the incisions dry. If you prefer to take a bath, do not submerge your incisions in the water.

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4. Strenuous activity such as lifting, pushing, pulling and straining should be avoided for 4 weeks. You must discontinue your regular exercise program for **one full month** following surgery. Remember to always wear a good support bra. You may start walking for exercise as soon as you feel up to it. Excess arm motion may cause a Seroma or hematoma (fluid or blood accumulation) around the breast implant in the first several weeks.
5. It is not uncommon to develop a low grade temperature post operatively. Please notify our office at 501-227-8811 if your temperature is greater than 101 after your surgery
6. **If you should develop significant pain in one breast, with significant swelling around your collar bone at the same side, notify our office immediately.** This significant pain and swelling could indicate bleeding around the implant site. This is not an emergency, but may require intervention and possibly surgical treatment if it is of significant size.
7. Depending on the tightness of your skin, it may take 3-6 months for the implant to settle itself into a more natural looking position. Please be patient. The breast shape often takes months to develop its normal contour.
8. Avoid sun exposure (this includes tanning beds) to the incision site for 6-12 months. Hyperpigmentation may occur at the incision sites as a result of excessive sun exposure.
9. With any breast implant, avoid excess pressure to the implant. Being struck in the chest or having an automobile accident where the shoulder harness or steering wheel injures the breast can cause the implant to rupture and deflate. Further, manufacturers of the implants state “patients should be advised that these breast implants should not be considered lifetime implants, due to the inherent nature of the implant, the implant procedure, or potential physiological interactions.” The saline-filled implants, by the very nature of being an inflatable, valved device, can deflate at any period in your lifetime. If this happens, the saline solution inside the implant will not be harmful to you.
10. Be sure to continue monthly self-breast examinations to detect abnormalities. If you develop a change in your breast tissue and/or lumps in your breast, please schedule an appointment to be examined or schedule an appointment with your personal physician. It is imperative that you adequately evaluate breast lumps or masses. Patients with implants sometimes irrationally put off examination of their breasts or breast biopsies for fear that it may injure their implant. Your implant could be damaged by needle biopsy surgery, although this does not usually happen. The other option of a delay can result in the late diagnosis of a breast malignancy. Remember current recommendations for mammograms are for a baseline mammogram between ages 35 and 40, one every other year from ages 40-50, and annually after age 50.

**Things to Remember:**

1. Your post-op visits should be scheduled at 10-14 days, 1 & 3 months, & annually thereafter.
2. No underwire bras for six weeks postoperatively.
3. You may resume driving after 72 hrs if you are no longer taking narcotic medications.
4. You shouldn't habitually go “braless” as this may cause sagging of the breasts. Dr. Devlin recommends light breast support at night
5. It may take several months for your skin to stretch & the implant to settle to its natural looking appearance. If skin is excessively tight, it may take longer