

## Dr. Jones Rapid Recovery Protocol

Dr. Jones uses a multi-faceted approach combining many techniques and treatments to make recovery from breast augmentation rapid and typically very easy for most patients.

### Steps:

1. extensive education throughout helping the patient to know what to expect and what to do
2. preoperative nutrition enhancement
3. Intraoperative gentle technique with minimal blood loss dissection and Keller funnel for atraumatic, sterile implant placement
4. injection of long acting numbing medication in the incision and the implant pocket during surgery to help postoperative pain
5. early postoperative gentle massage
6. early postoperative icing
7. multimodal pain medication approach with use of: narcotics, tylenol, anti-inflammatory medication, and topical pain cream after surgery for comprehensive management of pain/soreness

This approach allows the majority of Dr. Jones' breast augmentation patients to experience what they describe as 'a surprisingly easy recovery'. Most will be off narcotic pain medication as soon as a day or two and will return to desk jobs in a couple days. In fact, a good number of patients will undergo the surgery and not take anything but Motrin and Tylenol postoperatively.