



INLAND INSTITUTE

ORAL AND MAXILLO-FACIAL SURGERY
COSMETIC SURGERY

1333 E. Foothill Boulevard, Suite 1 ❖ Upland, CA 91786
Phone (909) 982-8888

Breast Augmentation or Insertion of Tissue Expanders

Dressings - Tape is to remain on the breasts for seven days. If the edges start to come loose, they may be trimmed as needed. Tape will be removed at your one week follow-up appointment. Shower daily, lathering the tape with soap and water. However, do not submerge the operative site in water. The tape can be dried by blotting with a dry towel or by using a hairdryer at a low setting (do not use the heat setting). Your bra should be washed and dried daily to avoid infection.

Sutures - Dissolve in about two weeks.

Wound Care - After the tape is removed, the incisions are to be cleaned with diluted peroxide and coated with antibiotic ointment or scarguard as instructed. This is especially important with the transaxillary approach, as deodorant may be irritating to the wound.

Activity - Sleep with the head of the bed elevate 30-45 degrees for one week. Increase activity as tolerated with no heavy exercise or lifting for at least two weeks. Do not lift anything more than 5 lbs the first week. Do not lift anything more than 10lbs the second week. Do not raise your elbows above your shoulders for 1 week. No bouncing activity for 6 weeks (eg. Jogging, Horseback riding). Doing these things will help prevent your implants from shifting upward. Avoid driving while still taking prescription pain medication.

Special Instructions - Wear your support bra 24 hours daily except while showering and washing the bra (the same instructions apply for the superior strap). Further instructions pertaining to your bra and massage will be given at your one week appointment.

What to expect - Swelling, bruising, and some bloody drainage from the incision site is normal. As feeling returns, it is common to feel tingling or sharp sensations. These sensations will eventually subside, however it may take months to resolve. Please notify us if you have any questions or concerns.

Signs of Hematoma - Painful extreme swelling and hardness often accompanied by bruising, usually unilateral causing asymmetry. Please notify us immediately if this occurs.

Please Purchase these items from your local drug store before surgery

Prescription medication