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## **Breast Augmentation Postoperative Instructions**

### **Cool Springs Plastic Surgery**

Thank you very much for allowing us to perform your surgery. Please feel free to call us at any time if instructions are not clear or issues are not addressed in this instruction sheet.

#### **WHAT TO EXPECT**

You will see your physician approximately **five to seven days** following your surgery.

You can expect some drainage on your steri-strips covering your incisions. Maximum discomfort will occur in the first few days after surgery; most people are up and around in 3-5 days.

You may become **constipated** due to the pain medications and should begin a stool softener (i.e. Colace) after surgery. In addition, you may want to add a fiber supplement (Metamucil, Citrucel, etc.) after tolerating a diet to prevent straining. If you have gone several days without a bowel movement and are feeling uncomfortable, you may want to consider using a glycerin suppository or Fleet's enema (available at all drug stores).

You may experience temporary electrical or tingling feelings in the breast and nipple in the weeks following your surgery. The feeling is similar to the feeling when your "foot wakes up after it has been asleep." This represents nerve healing and is normal.

Your chest will feel tight for **four to eight weeks**, until the chest muscles relax. The exact time varies between patients depending on the muscle mass, breast elasticity, and activity level after surgery. You may also experience more pain in one breast than the other.

Sutures are dissolvable. They are under your skin and released at the end of each incision. They are clear in appearance and will be trimmed to the skin line at your first postop appointment.

#### **WHAT TO DO**

Do not take your pain medications on an empty stomach. Eat a light snack, such as crackers, about 30 minutes before you take your medication.

Refrain from sleeping on your stomach. Sleep elevated on your back until your first postop appointment unless otherwise directed by your doctor.

Do not drive or operate machinery while you are taking your narcotic pain medication. If you are still taking narcotics by the time of your first postop appointment, then have someone drive you to your appointment.

You may shower after we see you at your first post-op appointment. Blot dry the dressings covering your incisions. If the dressings and/or steri-strips come off, dress the wound with antibiotic ointment (Polysporin). Do not tub bathe until cleared by your doctor to do so.



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#### **WHAT TO DO (CONTINUED)**

You will wear the cotton sports bra that we give you 24/7 until cleared by the doctor. **Please wait about three months before wearing underwire bras.**

Do not lift weights more than 5 pounds and avoid using a vacuum cleaner for about **six weeks**. When you are released to exercise always wear a sports bra. You will be released to get your heart rate up at roughly three weeks depending on your personal healing and progression, and then slowly return to your normal exercise regimen. Chest exercises will be the last activities to begin again.

#### **RESTRICTIONS**

No heavy lifting (>5 lbs), vigorous activity, or straining for six weeks.

No tub bathing until cleared by your physician.

No use of heating pads.

Do not apply ice directly to skin, as you may still have numbness to areas.

#### **WHEN TO CALL**

If you have a change in nipple color or appearance, or if one breast becomes larger than the other.

If you develop severe shortness of breath or chest pain- call 911, then notify physician.

If you run a fever or have chills.

If you have markedly increased pain, bruising, swelling, or bloody drainage.

If you develop leg swelling or calf pain.

If you have persistent nausea or vomiting.

If you are uncertain about a medication or treatment.

If you are experiencing any adverse symptoms or changes that you do not understand.

#### **Phone Numbers:**

Cool Springs Plastic Surgery – 615-771-7718

Dr. Moore's Cell Phone – 615-476-2784

Dr. Sarosiek's Cell- 215-910-1187

\*In the event of an emergency, please call, do not text.