



1909 Mallory Lane, Suite 104
Franklin, TN 37067

John Reagan Moore, M.D.
Konrad Sarosiek, M.D.

www.coolspringsplasticsurgery.net

620 Church Street East
Brentwood, TN 37027

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 by this instruction sheet.

WHAT TO EXPECT

An elastic chest strap will be placed during your surgery. Keep the chest strap snug and placed above your implants. You may remove the chest strap to shower. No bra is required but a light tank top or bralette can be worn for coverage if desired, nothing that pushes your breasts up. **Nothing with underwire.**

You may shower the day after surgery; blot dressings dry. 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.**

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. 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. Do not apply ice or heat to surgical sites.

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.



Breast Augmentation Postoperative Instructions

Cool Springs Plastic Surgery

WHAT TO DO (CONTINUED)

Do not lift weights more than 10 pounds and avoid using a vacuum cleaner for about **three 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.

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 the 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.