

DAY 1

POST OPERATIVE BREAST AUGMENTATION INSTRUCTIONS FOR SMOOTH IMPLANTS

- Keep incisions clean and dry
- Sleep on your back with the head of the bed elevated at 45 degrees during the first week following surgery
- Continue supportive sports bra 4 weeks full time post-op, then at night for 2 more weeks
- Keep breast contour tape clean and dry as possible
- Continue arm raises and shoulder rolls as directed
 - Mastopexy: If you have been taught incisional care by nursing staff, please continue cleaning incisions with hydrogen peroxide and continue a thin layer of bacitracin twice per day for 1 more week

Restrictions:

- Do not pull or remove steri-strips and/or plastic steri-strips (brijjits along the vertical breast incision)
- Avoid dental work and/or cleanings for 6 months post operatively. If there is a necessity to have dental work, please call office for a prescription for antibiotics
- Do not submerge in any type of water for 4 weeks post-operatively. May take showers with antibacterial soap
- No heavy lifting, sexual activity, or strenuous exercise for 4 weeks or otherwise instructed by nurse or doctor
- Do not drive while taking pain medication

Please view breast implant massage video and other resources at CaloAesthetics.com

DAY 7

POST OPERATIVE BREAST AUGMENTATION INSTRUCTIONS FOR SMOOTH IMPLANTS

- Begin vitamin E capsule 400 IU daily for one year
- May continue ice or frozen peas for comfort, apply 20 minutes on and off, as needed. Use thin barrier between ice and skin for protection
- Keep incisions clean and dry. May take showers with antibacterial soap
- Continue supportive sports bra 4 weeks full time post-op, then at night for 2 more weeks
- We may advise you to continue sleeping elevated after 7 days to improve swelling
 - Mastopexy: If you have been taught incisional care by nursing staff, please discontinue hydrogen peroxide and continue a thin layer of bacitracin twice per day for 1 more week

Restrictions:

- Avoid dental work and/or cleanings for 6 months post op. If there is a necessity to have dental work, please call office for a prescription for antibiotics
- Do not submerge in any type of water for 4 weeks post-op. May shower
- No heavy lifting, sexual activity, or strenuous exercise for 4 weeks
- Do not drive while taking pain medication

Massage:

- Massage implant as instructed three times daily. If you have mesh, please do not massage the breasts until directed to do so by the doctor. If you have had a mastopexy/breast lift, please do not complete the 3rd massage.
 1. Cross arms and apply pressure to each side of implant pushing up and together, hold for 20 seconds
 2. Massage implant up/down with hand cupped above and below implant for 20 reps
 3. Apply pressure to top portion of implant while pulling nipple up and pushing implant down, hold for 20 seconds

Please view breast implant massage video and other resources at Caloaesthetics.com

2-3 Weeks

POST OPERATIVE BREAST AUGMENTATION INSTRUCTIONS FOR SMOOTH IMPLANTS

- Keep incisions clean and dry
- Discontinue all incisional care
- Begin silicone-based scar gel or tape and continue for 3-6 months
- Continue supportive sports bra 4 weeks full time post-op, then at night for 2 more weeks
- Continue vitamin E 400iu daily for one year
- Continue breast implant massage as instructed

Restrictions:

- Do not pull or remove steri-strips and/or plastic steri-strips (brijjits along the vertical breast incision). Plastic steri-strips may stay on up to 4 weeks. Allow to fall off naturally or as instructed by your provider
- Avoid dental work and/or cleanings for 6 months post operatively. If there is a necessity to have dental work, please call office for a prescription for antibiotics
- Do not submerge in any type of water for 4 weeks post-operatively. May take showers with antibacterial soap
- No heavy lifting, sexual activity, or strenuous exercise for 4 weeks or otherwise instructed by nurse or doctor
- Do not drive while taking pain medication
- Avoid chest-focused lifting and exercises until instructed by your provider

Please view breast implant massage video and other resources at CaloAesthetics.com



Breast Augmentation Postoperative Red Flags:

When to Contact Your Surgical Team

- Abrupt, one-sided swelling breast increases in firmness, tightness, swelling, or bruising
- Gray, purple, pale, or black discoloration surrounding or on incisions/nipple/areola
- Redness, warmth, drainage, bleeding, or odor from breast incisions, with or without fever
- Opening of incision resulting in wound
- Breast appears “deflated” or concern for rupture
- Capsular contracture signs: hardening of the breast, high-riding implant, pain, irregular shape to the implant, typically one-sided

Breast Implant resources:

<https://sientra.com/patient-resources/>

<https://breastimplantsbymentor.net/en-EMEA/mentor-safety>

<https://www.natrelle.com/resources#ISI>

<https://motiva.health/patients-faq/>

<https://idealimplant.com/>

Frequently Asked Questions Following Breast Implant Surgery

- Will my implants remain high similar to how they are immediately after surgery?
 - Your breast implants were placed high in surgery with the expectation that they will “drop and settle” over time.
- Why do my breasts have a square shape? What if my implants do not seem to blend in with my breasts?
 - The appearance of your breast implants immediately following surgery is not your final result. After your one-week follow-up appointment, you will be taught methods to soften the breasts, create a rounder appearance, and help your implants blend into your natural breast tissue.
- Why do I feel/hear a popping/sloshing sensation in my breast?
 - It is normal to hear this sensation as the breast implant settles into the breast pocket. This should resolve on its own within the first few weeks following surgery.
- How should my sports bra fit for the first 4 weeks?
 - Your sports bra should be tight and provide support to the breasts. The sports bra should NOT be so tight that it pushes the breasts up and in or fit tightly into the armpit area.
- When should I stop massaging the breasts?
 - Most patients massage the breasts for the first 2-3 months following surgery. You may stop massage when the implants have settled into the breast pocket and are soft and mobile.
- How do I do breast implant massage?
 - Directions for breast implant massage will be provided at your follow-up appointment 7 days after surgery. For more information, please go to Caloaesthetics.com for the breast implant massage video.
- How will I know which bra size my breasts will be?
 - You should wait for swelling to subside before determining bra size following surgery. Typically, bra sizing may be done approximately 4-6 weeks following surgery when the implants have begun to settle into the breast pocket. Although, final result will not be noted around 3-6 months.

- How long will my implants last?
 - Implants are not considering lifelong devices however; many patients will have their implants for 15-20 years with no complications or reason for reoperation. If you believe your implants may be ruptured or have other concerns, please contact our office to schedule an appointment or consult with the doctor.
- Will my numbness or sensitivity changes go away?
 - Some patients report numbness and sensitivity changes while others do not report any sensation changes. Typically, sensation will return or normalize once swelling has lessened. Occasionally, patients report permanent sensitivity changes, especially to the areolas.
- How can I monitor for signs of capsular contracture? How can this be prevented?
 - Capsular contracture is hardening of the capsule that forms around the implant. This may present with high position of the affected implant, increased firmness/tightening, irregular shape of the implant, and sometimes pain.
 - In order to prevent capsular contracture, we advise all patients to begin 400iu of vitamin E 7 days after surgery, massage the breasts, and avoid dental work for 6 months following surgery. If you suspect you may have symptoms of capsular contracture, please contact our office as we have non-invasive procedures to help. Occasionally, more severe cases may require reoperation and most are covered under implant warranty.
 - Capsular contracture triggers: dental work (including cleanings), especially within 6 months of surgery without antibiotic prophylaxis, smoking, tattoos or piercings within 6 months of surgery, trauma (car accidents, falls, etc.), history of previous capsular contracture, pregnancy and breast feeding, history of multiple breast surgeries, early surgical complications such as seroma (fluid), hematoma, or infection, thyroid disorders.
- When will I have sutures removed?
 - Black nylons sutures will be removed by nursing staff 1 week after surgery.
 - Clear, dissolvable PDS sutures will be trimmed by nursing staff 2-3 weeks following surgery



- I feel that I have a suture left over or coming through my skin. What should I do?
 - Spitting sutures may be common and occur when dissolvable stitches rise to the skin surface. This can create small wounds and irritation to surrounding skin. Please call our office to schedule an appointment with a nurse for evaluation and removal of spitting sutures.