

# STEPHEN EVANGELISTI, M.D.

*Aesthetic and Reconstructive Surgery*

## POST-OPERATIVE INSTRUCTIONS FOR BREAST AUGMENTATION

### Medications

- After your surgery, if you need them, you may begin taking the pain medication as prescribed to you by this office. **If you experience constipation, you may begin an over the counter stool softener (i.e. Colace) to alleviate any discomfort.**
- **Day after Surgery** please restart the antibiotics that you were prescribed and continue the full course until complete. You will have one refill on the antibiotics, which is only required if directed by this office.

### Surgical Bra

- You will be sent home from surgery wearing a snug fitting surgical bra that zips and hooks up the front. The shoulder straps are wide and have Velcro that will enable you to adjust for your comfort.

### Pain Pump

- If you have decided to have a pain pump for post-operative pain control, you will have a ball-shaped pump that is placed in a fanny pack style case that goes around your neck or waist with a strap and clip.
- It will empty in 3-5 days. You will not be able to visualize the pain medication flowing through the small tubing into the breasts. You will notice after day 2 or 3 that the round shape and firmness of the ball will start to reduce.
- **Removal of the pain pump:** Once the pain pump contents are gone, you will be able to remove the small tubing yourself. Simply peel off the thin, sticky "saran wrap" like dressing that covers where the tubing inserts into the breasts (located between the breasts). Grab both tubes close to your chest with your hand and gently pull downwards towards your feet until they are completely out. They are about 7 inches long. You will not have any significant pain doing this yourself. The area where the tubes were removed from may leak a bit of fluid for a few hours, so we recommend covering that area with gauze to protect your clothing.

### Dressings/Bandages

- Under your surgical bra you will find white cotton dressings that will help pad and absorb any fluid that may leak from your surgical incision sites. Under each breast there will be a ½" strip bandage covering each incision which stay on for approx... 7-10 days. If they start to peel and curl up at the ends, you can pull them the rest of the way off.
- There are **no** sutures that need to be removed.
- It is not uncommon for the site where the pain pump tubing was inserted to leak a pink/red watery fluid, therefore making your dressing or surgical bra damp/wet. If this happens, simply replace the cotton or gauze with new, dry material. Clean washcloths work well due to their absorbency.

### Showering

1901 Lac De Ville Blvd.  
Suite 2  
Rochester, New York 14618

Phone: 585-325-1120  
Fax: 585-423-0471

- You may shower the day after your surgery. You can remove the surgical bra and white cotton dressings but, do not remove the ½ inch bandage strip that overlies the incisions. Leave them in place and simply pat them dry when finished and cover with either white cotton dressings or dry washcloths and then put the surgical bra back on.

#### **Pain/Discomfort**

- It is expected to have pain, discomfort, bruising, feeling of fullness, and muscle spasms after surgery. Please use your pain medications, as prescribed, for pain management and your Flexeril, as prescribed, for muscle spasms.
- **DO NOT take any of the following medications for 1 week after your surgery:** Advil, Motrin, Ibuprofen, Aleve or any medications that contain those products.
- If you choose not to take the narcotic pain medication that was prescribed to you by our office, **Tylenol** is the only medication we suggest to take.
- Some patients report the feeling of “zingers” going through the breasts and nipples. This is a normal sensation.

#### **Driving/Lifting**

- You will not be able to lift heavy objects until you are comfortable and have been cleared to do so by Dr. Evangelisti.
- You may drive as long as you **are not** taking narcotic pain medication.