

THE FIRST GLANCE

BREAST AUGMENTATION WITH BREAST LIFT POST OP INSTRUCTIONS

Supplies to have at home:

- Your prescription medications (may be given to you on surgery day)
 - Gravol (oral medication and suppositories). Used to treat nausea.
 - Stool softener (ie: Restorolax/Senokot). Used to prevent constipation *start if no BM for 2 days
 - Polysporin Ointment
 - Gauze or pantyliners, nursing pads work well
 - Cotton sports bra/Compression Bra given to you on day of Pre-op
- **pls bring Garment on day of surgery
- You may bring a drink (ie: ginger ale, juice box, Gatorade) and small snack (crackers) with you on your surgery day to have in recovery room with you

Rest and Relaxation:

- It is ok to lie on your side. Do not lie on your chest.
- Wait 2 weeks before participating in physical activities that will increase your heart rate and blood pressure or cause your breasts to move significantly (ie: running and aerobics)

Washing:

- **Do not shower until your drains are removed, unless otherwise directed.**
- Remove dressings 24 hours after surgery. Leave your steri-strips in place for 1-2 weeks.
- You can shower after 24 hours if you do not have drains. Wash with soap and water.
- Do not soak your surgical sites- no pools, hot tubs, or lake water for 4 weeks.
- Dry surgical site by gently patting with a clean towel or allow to air dry.
- Bleeding from your surgical site may occur following surgery. If it occurs hold constant firm pressure for 10 minutes with a clean towel.

If bleeding persists or one side is becoming much larger than the other, see our emergency care instructions below

Medication:

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated.
- Take antibiotics as prescribed at the appropriate times until completed.
- Apply Polysporin to your incision lines daily, once steristrips are removed.

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Bra Wear:

- Wear a non-underwire bra for 4 weeks unless otherwise directed

Two Weeks After Surgery:

- Begin to massage your incisions with Skin Medica Scar Recovery Gel (available for purchase), Vaseline body lotion or BioOil. **Do not use vitamin E.**
- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning.

Drain Care:

- If drains have been placed, please contact The First Glance office to have drains removed 24 hours following surgery unless otherwise directed. The drains should be draining less than 30cc within a 24 hour period prior to being removed.
- When drains are removed a small amount of yellow/pink/blood-tinged fluid may ooze out of drain site for up to 3 days.
- Place a small amount of Polysporin or Neosporin onto drain site daily and cover with gauze or a feminine hygiene pad (pantyliner). Drain site will close in 3 to 7 days.

If you have ALLODERM at the time of your surgery:

- Empty drains as instructed and document drainage.
- Drains must stay in for a minimum of 4 days. Drains are removed once drainage is less than 30cc's in a 24 hour period.

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Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- Coughing up blood / Bloody diarrhea

After Hour Care

If there is a concern about your surgery or your healing please call The First Glance Clinic at **204-885-1419**.

If the clinic is closed (evenings or weekends) or in case of an emergency please call Dr. Islur 431-302-5177

If after 3 attempts you cannot reach Dr Islur, please call the plastic surgery resident by calling St Boniface Hospital Operator at 204-237-2053

Visit www.drislur.ca for more info

Please consider bringing your old bras to The First Glance on your surgery day. Gently used bras will be donated to local women's shelters throughout the city. Thank-you.