

THE FIRST GLANCE

Breast Augmentation with Fat POST CARE INSTRUCTIONS

Supplies to have at home:

- **Your prescription medications** (you may receive pre-op **OR** on the day of surgery)
- **Gravol** (oral medication and suppositories)
- **Advil or Aleve** (be sure to take this with food) – wait until 2 days post op before taking
- **Stool softener (ie: Restorolax/Senokot)**. Used to prevent constipation *start if no BM for 2 days
- **Polysporin Ointment**
- **Band-aids**
- **Cotton Sports bra/Compression Bra given day of Pre-op**
*pls bring Garment with you on day of surgery
- **Underwire bra** (not push up bra, to be purchased after surgery)

Rest + Relaxation

- Preferably sleep on your back. It is okay 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.

Washing

- Remove larger outer dressings 24 hours after surgery.
- You can shower 24 hours after surgery. Wash with gentle soap and water.
- Do not soak your surgical sites- no pools, hot tubs, or lake water for 3-4 weeks.
- Dry surgical site by gently patting with a clean towel or allow to air dry.
- Bleeding (minimal) 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 (original ointment) to your incisions 1x a day.

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Garment

- Wear a **loose-fitting** underwire bra for first 4-6 weeks unless otherwise directed.
- It is okay to wear no bra
- Wear compression garments to all areas where liposuction was performed 20-24 hrs for three weeks.
- Ensure there is **no** compression to areas where fat has been transferred.
- The first few times removing compression garments do so while lying in bed to avoid feeling faint

Two Weeks After Surgery

- Begin to massage your incision lines gently with body lotion, BioOil, or equivalent scar cream (We recommend Skin Medica Scar Recovery Gel, available for purchase at The First Glance). Do not use 100% vitamin E (capsule or oil).
- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning.

Special Instructions

- Massage of the Liposuction areas is recommended, if you see a regular massage therapist you may book an appt for Liposuction massage starting 2 weeks post-op. We can also provide a list of massage therapists in the city that provide “Lymphedema Massage”.
- Take time to rest and recover from your surgery, have a healthy diet and get some sleep.
- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning

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

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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

Take time to rest and recover from your surgery, have a healthy diet and get some sleep. It is important that you follow these recommendations carefully so we can attain your surgical goals.

Visit www.drislur.ca for more information

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.