**Post-Operative Instructions**

**Breast Augmentation**

Please read the instructions carefully. Should questions arise during your recovery, please use the contact information at the bottom of the sheet.

**Immediately after surgery**

* Minimal activities for the first 4 days after surgery; regular ambulation is highly recommended.
* Sleep on your back with the head slightly elevated to help with swelling.
* Do not raise your arms above your shoulders for one week.
* NO heavy lifting, pushing, or pulling for a minimum of one week.
* No driving for 24 hours.
* After one week, full range of motion with your arms is permissible but lifting is restricted to 5 pounds or less.

**You can expect**

* Sutures are dissolvable; if placed, permanent sutures are removed 9 to 11 days after surgery.
* To return to non strenuous work within 7 days.
* Moderate swelling of the breasts and abdomen.
* Bruising around the breasts.
* Some bloody drainage on the dressings.
* Showers 2 days after surgery; sponge baths are allowed the first 2 days for hygiene.

**As time goes by and you are healing, you can anticipate**

* A return to strenuous activities in 8 weeks.
* Final bra size can be determined within 10 to 12 weeks.
* The scar will continue to fade for up to 2 years.
* If you notice any signs of increasing firmness of one or both breasts, even months after the operation, please notify us promptly so that treatments can be started.
* Certain types of bras are not recommended until at least 6 months after surgery. Check with your surgeon on what type of bra to purchase.
* After you are cleared to do so, you may wear the bra of your choice.

**Call the office if you experience**

* Severe pain not responding to pain medications.
* Excess swelling or swelling that is greater on one side than the other.
* A bright red spot on the bandage which continues to enlarge.
* Incisions that appear to be opening or becoming very red, hot to the touch or containing pus.
* A fever above 101 Fahrenheit or chills.
* Any signs of increasing firmness of one or both breasts.

**Call the office at (703) 255-4922**

**AFTER HOURS you may reach Dr. Yousefi at 703 969-0637**

**For Emergencies Call 911**