



PRE-SURGICAL PACKET: BREAST AUGMENTATION

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Dear Patient:

Thank you for booking your surgical procedure with us. This pre-operative packet provides important instructions to help minimize the risk of complications throughout your surgical experience. Please take time to read and familiarize yourself with the information contained within the packet and feel free to call with any questions or concerns.

Dr. Jonathan Toy, M.D., F.R.C.S.C.
Jennifer M., Administrative Assistant
Trang D., Administrative Assistant

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IMPORTANT CONTACT INFORMATION

Office Phone (780) 758-3377
Office Fax (780) 758-3232
E-mail Address office@drtoy.ca

After Hours Emergency Contact:

Please proceed immediately to your local emergency department. Dr. Toy or the Plastic Surgery Resident on call may be contact through paging at the Royal Alexandra Hospital at (780) 735-4111.

ACKNOWLEDGEMENT OF RECEIPT OF PRE-OPERATIVE PACKET

I have received a copy of the pre-operative instructions for my scheduled surgery. I understand that it is my obligation to be aware of the information contained therein. I understand that if I have any questions regarding pre-operative care, the Dr. Toy and his staff members are available to answer them.

Signature: _____

Date: _____

I). WHAT SIZE OF IMPLANT SHOULD I CHOOSE?

The size, shape, and type of implant that you choose should be made from a number of factors. The width of your actual existing breast is one of the most important determinants in the size of an implant you can choose. An implant that is “too wide” for your breast width will make the breasts “stick off the chest too much on the side” and can sometimes make people look heavier than they actually are. Your height, chest wall size, and body proportions also make a difference in the implants that are reasonable for you. All of these factors will be discussed at your pre-operative visits. Every patient is different, and the implant chosen must be tailored to fit your needs and expectations.

Bra Cup-Size +/- Measurements can be used as a guide, but are generally NOT the best way to determine what result you are looking for. Bra cup-size is quite arbitrary and depends on the bra company. You might be a “C” in one type of bra, and a “D” in another type of bra. The standard way to see what implants will look like after surgery is by “sizing” actual implants in a soft sports bra. This gives a general idea of what the final result will be.

However, after surgery, implants tend to look about 5-10% SMALLER than when sizing with implants! Therefore, this must be kept in mind when choosing an implant size!

Another way to tell which implants would be right for you is the “RICE TEST”. To do this, all you need are two Ziploc sandwich bags, a measuring cup, and some uncooked rice. With the numbers that are given to you at your pre-operative visit, measure out a volume of uncooked rice that matches this, and place in the Ziploc bag. Then put this into a non-padded, non-push up, soft sports bra and put a tight t-shirt overtop. Walk around for an afternoon to get used to the size. The “rice test” is just an estimate and usually does NOT fit perfectly to your chest! *****Therefore, if the size is about 10-15% too big for you during the “rice test”, it might be the right size!*****

THERE MUST BE A BALANCE MADE BETWEEN LARGE ENOUGH AND TOO LARGE OF AN IMPLANT. YOU MUST TAKE INTO CONSIDERATION THE FOLLOWING:

- The larger the implant, the more effect gravity will have on your breast over time
- A larger implant may cause earlier sagging and need another surgery to tighten the skin of the lower breast and may require a future breast lifting procedure to move the nipple up and reshape and tighten the breast
- In patients with loose or saggy skin already that need a breast lift, a larger implant is NOT advised. If you choose a larger implant, this may lead to earlier sagging of the breasts and “bottoming out” of the implant where the implant will sit too low on the chest wall. If the implant sits too low, the upper part of the implant will also sit lower and you will lose some of the fullness in the upper part of the breast
- Too large of an implant can stretch the natural breast skin and breast tissue too much
- With any implant, patients should wear a good bra at all times. Most patients should sleep with a soft bra to prevent implants from moving to the side when sleeping. For patients with larger implants, this is even more important.
- A larger implant may sometimes be *too wide* for a patient’s chest wall. If this occurs, the implant will sit too far out to the side and make your chest look too wide.

There is a limit to the safe size of an implant based on your existing breast tissue and body type.

SOMETIMES CHOOSING A SLIGHTLY SMALLER IMPLANT THAT YOU WERE HOPING FOR WILL ALLOW FOR A MORE LONG LASTING RESULT OVER TIME.

II. PRE-OPERATIVE INSTRUCTIONS

The following information will help to make your surgery and recovery as smooth as possible and reduce the risk of complications. Please do not hesitate to ask any questions.

THINGS TO REMEMBER PRIOR TO SURGERY:

1. **NO ASPIRIN, MEDICATIONS CONTAINING ASPIRIN, OR NON-STEROIDAL ANTI-INFLAMMATORY DRUGS FOR TWO WEEKS PRIOR TO YOUR SURGERY.** These products interfere with normal blood clotting. If needed, you may take Tylenol products instead. Please review the “Medications and Herbs to Avoid” list at the end of this packet. You will also need to avoid these medications for 2 (two) weeks after surgery.
2. **YOU WILL BE GIVEN PRESCRIPTIONS DURING YOUR PRE-OPERATIVE VISIT** (within 4 weeks of surgery) that you will need for the post-operative period. Please fill these prescriptions **PRIOR** to surgery so that you will have them at home for after the surgery.

*****IF YOU ARE GIVEN PERCOCET (A “TRIPPLICATE” PRESCRIPTION), YOU MUST FILL THIS PRESCRIPTION WITHIN 3 DAYS OF ISSUE, OTHERWISE IT WILL EXPIRE!*****

Your prescriptions may include:

- Percocet (combination of Tylenol and oxycodone, a narcotic) for pain
 - An antibiotic
 - Colace – a stool softener (narcotic pain medications tend to cause constipation)
 - Valium – relaxes, helps you sleep, helps prevent muscle spasm of the muscle when the implant is placed beneath the muscle
3. **PREVENTION OF STRETCH MARKS ON THE BREAST** – In most patients having implants, *ESPECIALLY* patients with very tight breast skin, OR patients getting larger volume implants, it is recommended to use something like BIO-OIL to reduce the risk of stretch marks. ***Breast stretch marks after implants are generally uncommon, but can occur with the highest risk patients being those with tight skin +/- patients getting high profile/larger implants.*** Stretch marks are actually tears in the undersurface of the skin and are very difficult to treat if they occur. Hydrating the breast skin with BIO-OIL for about 4 WEEKS PRIOR AND 4 WEEKS AFTER SURGERY may reduce the risk of development of stretch marks in the higher risk patient. It can be applied to the breasts once or twice a day (generally at bed time). When applying post-operatively, avoid using it directly over incisions until they are fully healed and the steri-strips have come off.
 4. **NO SMOKING!** This is one of the most important things you can do to minimize the risk of complications. ***Before elective surgery, we require that you abstain from smoking for at least FOUR weeks prior and FOUR weeks after the date of surgery.*** Even “second-hand” smoke can be harmful to your wound healing. Nicotine causes peripheral blood vessels to constrict, which compromises the blood flow to the skin and interferes with wound healing. This also includes the use of nicotine patches. Surgery may be cancelled if you are actively smoking!

5. Report any signs of a cold, illness, or unusual rashes to the office should they occur in the week prior to your surgery. The two weeks immediately before or after your surgery are not the time to lose weight by following a crash diet or a fad weight loss program. Eat a well-balanced diet, including all basic food groups and plenty of water. Adequate protein intake is extremely important, as protein is required for wound healing.
6. You must make arrangements for a reliable adult to drive you home after you are discharged from the hospital. You will **NOT** be permitted to drive yourself. It is recommended that you arrange for a reliable adult to stay with you for the first 2 days after your surgery.
7. If you have been asked to have a pre-operative mammogram, ensure that this is done well in advance of surgery.

THE DAY BEFORE YOUR SURGERY:

1. Shower as usual with anti-bacterial soap, paying special attention to the areas where the surgery will be performed. Hibiclens, or any product containing chlorhexidine is acceptable. This should be performed for THREE consecutive days prior to surgery.
2. Remove all makeup, nail polish, and jewelry the night before your surgery.
3. **NOTHING TO EAT OR DRINK AFTER MIDNIGHT!**
4. **DO NOT APPLY MOISTURIZER THE MORNING OF SURGERY.**
5. Please discontinue all recreational drugs at least 2 weeks prior to surgery.

THE DAY OF YOUR SURGERY:

1. **NOTHING TO EAT OR DRINK.** This includes water. You may only take medications on the morning of your surgery if instructed by the physician or nurse.
2. Wear comfortable, loose-fitting clothes in preparation for your discharge.
3. Do not bring anything of value with you to the hospital (eg: jewelry). Please do not wear wigs, hairpieces, hairpins, watches, etc.
4. If you are wearing contact lenses, please bring a case to put them in because you will need to remove them before your procedure. We ask that you also bring a pair of eyeglasses, as you will be asked to read and sign forms.
5. You will wake up from surgery in a sports bra. Patients generally wear the bra for at least 3 weeks post-op day and night.
6. You will also wake up with a strap on the upper part of your breasts. This strap is important to keep the implants from “riding high”, which can happen in the first few weeks after surgery. If your implants are too high in the early post-operative period, they generally drop by themselves over the first 4-6 weeks after surgery. You may be asked to perform exercises to help them drop faster. Implant position, as well as breast shape changes considerably during the first 3 months post-operatively.

III). MEDICINES/VITAMINS/FOODS TO AVOID PRIOR TO SURGERY

Patients scheduled for surgery should **STOP** taking all products containing aspirin and/or non-steroidal anti-inflammatory drugs (NSAIDs) **2 WEEKS PRIOR TO SURGERY**. These drugs can cause bleeding problems. You may take Tylenol (acetaminophen) as needed for headaches, cramps, aches, and pain.

This is a list of common products to avoid, but the list is NOT complete. If you are not sure about a medication, ask your pharmacist. Please review this list to ensure you have stopped taking these medications.

MEDICATIONS TO AVOID:

Advil	Daypro	Panadynes
Aleve	Disalcid	Panalgesic
Alka-Seltzer	Dristan	Pepto-Bismal
Anacin	Duradyne	Percodan
Anaprox	Duragesic	Persantine
Ansaid	Easprin	Quagesic
APC	Ecotrin	Relafen
Arthritis Pain Formula	Emprazil	Sinutab
ASA	Equagesic	Soma Compound
Ascodeen-30	Excedrin	Talwin
Ascriptin	Fiorinal	Tolectin
Aspergum	Ibuprofen	Toradol
Aspirin	Indomethacin	Trandate
Bayer Aspirin	Lodine	Trental
Bufferin	Measurin	Trialgesic
Cama Arthritis	Meclomen	Triaminicin
Celebrex	Midol	Vioxx
Cephalgesic	Midol PMS	Voltaren
Children's Aspirin	Mobegesic	Wesprin
Clinoril	Momentum Muscle	Zactin
Congespirin	Motrin	Zorpin
Coumadin	Naprosyn	***Accutane needs to be stopped for at least 3 months prior to your procedure date
Darvon Compound	Nuprin	
Darvon with ASA	Pabirin Tablets	

HERBAL MEDICINES, VITAMINS, AND FOODS TO AVOID:

<i>HERBAL MEDICATIONS</i>	<i>FOOD AND VITAMINS</i>
Astragalus (Huang-Q)	Garlic
Carnitine Chromium	Ginger
Citrimax (Garcinia)	Grapefruit Juice
Creatine	Lemongrass
Echinacea	Red Wine
Ephedra	Vitamin E
Ginkgo Biloba	
Ginseng	<p><i>***Drinks that contain any of the above products such as Sobe Beverages and should be avoided.</i></p>
Gotu Kola	
Licorice Root	
Kava (piper methysticum)	
L-Proline	
St. John's Wort	
Taurine	
Valeria	
Yohimbe (corynanthe yohimbe)	

IV). POST-OPERATIVE INSTRUCTIONS

1. Immediately after surgery, you will wake up in the recovery room. Incisions will be covered by steri-strips, gauze, and a small plastic waterproof dressing. It is normal to feel tired and sore for a few days after surgery. It is normal to feel that the breast implants are not part of your body for about 2-3 weeks until your implants soften and feel more natural.
2. **POST-OPERATIVE ACTIVITY** – you can use your arms normally, even immediately following your procedure. However you are discouraged against forceful movements of your chest muscles for at least 3 weeks. This includes lifting objects heavier than 10-20 pounds. After this period, it is usually safe to resume normal activities. You should rest quietly for the first 48 hours. You will be able to walk around the house and perform light daily activities. It is normal to feel some pain, soreness and pressure in the chest. This gradually subsides and is improved by pain medication and valium.

Be sure to lie on your back whenever you rest or sleep.

Dr. Toy encourages walking immediately after surgery to greatly minimize the risk of deep clots in your leg veins.

3. You, or your caregiver should call the office (780 758-3377) for an appointment for your initial dressing change at the office within **1-3 DAYS AFTER SURGERY**. At this appointment, the wound will be checked.
4. **GARMENTS** - You may be placed in a **surgical bra** immediately following surgery. You may also have a **strap** on the top part of your chest that keeps the implants from “riding high” (implants tend to be slightly higher than their final position in the initial period in the majority of cases and the strap helps keep them down). If this strap is too tight, then it needs to be loosened. It should be comfortable and provide downward pressure on the TOP of the implants. If it is pinching your armpit skin, then loosen it! The ideal position of the strap will have the strap hitting the bottom of the bra or be below the bra in the back, and hitting the top of the implants in the front.
5. **IMPLANT DISPLACEMENT EXERCISES** (See Section Below) - Breast Massage should start as soon as you are able to do so without pain. This is usually 5-7 days after surgery. Instructions for breast massage will be given during your post-operative visits. The importance of breast massage cannot be over-emphasized. Massage should continue for as long as you have your breast implants.

*****IMPLANT MASSAGE SHOULD NOT BE PERFORMED WITH PATIENTS WITH TEAR-DROP SHAPED IMPLANTS, OR TEXTURED ROUND IMPLANTS*****

6. **HIGH IMPLANT POSITION** – Implants placed UNDER the muscle tend to be in a higher position in the first few weeks after surgery. This is called “riding high”. When is quite common and usually makes the breast look “rectangular” with too much volume in the upper part of the breast. This also makes the nipple look artificially “too low” and make the breast look “funny” overall. The muscle is not used to having the implant under it and the muscle will pull the implant higher than it should be. Once the muscle and breast itself are able to relax, the implant will drop to the desired position. This may take weeks.

Implant displacement exercises (pushing downwards on the tops of the implant) can help implants come down faster, and the upper pole compression strap can prevent them from coming up as high. Mainly though, implants need TIME for them to drop to their desired position.

7. **SHOWERING** – Showering is generally allowed on the day of surgery if the waterproof plastic dressing on your incisions is intact. On the 5th day after surgery, patients can remove the plastic dressing over the incision. The gauze underneath will come off with the plastic and leave the steri-strip tapes stuck to the skin. Leave these on for 10-14 days. You can still shower with these on, but just pat them dry after. Please do NOT take baths or soak in the tub until all wounds are fully healed.

*****IF YOU ARE HAVING A BREAST LIFTING PROCEDURE WITH IMPLANTS, THERE WILL BE TAPES OVER THE INCISIONS BUT NO PLASTIC DRESSING PROTECTING THEM. PLEASE DO NOT SHOWER FOR AT LEAST 48 HOURS AFTER SURGERY TO PROTECT THE INCISIONS. IT TAKES THE SKIN AT LEAST 36-48 HOURS TO CREATE A NEW WATERPROOF BARRIER!*****

8. **DRESSINGS** - All sutures are absorbable and your incision is closed in multiple layers. If you see a string coming from your incision that looks like fishing line, do NOT be alarmed. This is an absorbable suture that we will trim once the incision is healed. You will have steri-strips (surgical tapes) on your breast incisions following a breast augmentation. The steri-strips will be covered by gauze and then a plastic waterproof, sticky dressing. Because it is covered by this waterproof dressing, you are able to shower even on the day of surgery. The plastic dressing is usually removed on the 5th day after surgery and the gauze below will come off as well. A small amount of old blood on the steri-strips after surgery is generally normal. This will leave the steri-strip tapes still on the incision. Leave these intact. They will fall off over the first week or two after surgery. You can shower, but just pat the steri-strips dry with a towel and leave them intact. If steri-strips have not fallen off by the 10th day following surgery, you may remove them gently. After the steri-strips come off, patients should replace them with **PAPER TAPE** (which is easily found in the bandaid section of any drug store).
9. **SCAR MANAGEMENT** - Following breast augmentation, it is recommended to avoid *topical scar therapies* until all wounds have healed. Topical scar treatments include any “scar gels”, “bio-oil”, or Vitamin E creams. These may start once wounds are fully healed (at least 4 weeks post-operative).

It is recommended that after the steri-strip tapes fall off to use paper tape. **PAPER TAPE** is easy to find in the band-aid section of any pharmacy and is inexpensive. You place the paper tape over the incision (just like the steri-strips). Patients generally change the tape every 5-7 days. Remove it in the shower and replace afterwards. Paper tape keeps the tension off of the incision as it is healing (leading to better scars). Discontinue any scar therapies if they are causing skin irritation. At least 3 months of paper taping will make for the best scar possible.

For the first six months to a year after surgery, your incisions will be sensitive to sunlight. Direct sunlight should be avoided for about a year. If incisions are exposed to sunlight, then a sunscreen of at least SPF30 and contains zinc oxide should be used for the first year after surgery.

10. For the first few days following your surgery, there may be small to moderate amounts of **FLUID LEAKAGE** from your incisions. This is usually normal. Increasing or uncontrolled pain, increasing redness, fever/chills, feeling unwell may be a sign of an early infection. If this occurs, please contact the office or proceed to your closest emergency department.

11. **SUTURES** – the sutures used are absorbable, and beneath the skin surface. These do NOT need to be removed. However, if you find a suture that looks like fishing line coming from the incision, this is simply the absorbable suture that will be cut at the level of the skin after the incision is healed.
12. **AIR UNDER THE SKIN AROUND THE BREAST** – In nearly all patients, when a breast implant is placed into the pocket that is made, a small amount of air remains after the incision is closed water-tight. This air is slowly absorbed by the body in the next few days after surgery. This results in air in the skin around the breast. This can feel like “crinkly tissue paper”. Once the air is re-absorbed, this feeling will go away, but can take a few days. This is completely normal.
13. **UNUSUAL SENSATIONS** – Sensations in the breast such as numbness, electrical shock type sensations, tingling and burning are common during the healing process and will gradually disappear over time.
14. **SWELLING AFTER SURGERY IS NORMAL.** It takes sometimes a few weeks for all of the swelling to decrease. Maximum swelling occurs at about three days and then begins to dramatically improve. Mild bruising typically resolves within 14 days.

The implants also may be in a slightly higher position immediately after surgery that where their final position will be. Special straps that prevent upward implant movement and special exercises help to keep the implants down.

****If you notice a large amount of swelling on one side, or are having extreme pain on one side, it is possible you may have a breast hematoma (blood clot in the implant pocket). This sometimes, but rarely happens if the blood clot on a small blood vessel under the breast falls off and the vessel starts to bleed. In some cases, it may be necessary to return to the operating room in order to drain this blood clot. Please go to the closest emergency room or call the emergency contact at the beginning of this package for assistance.****

15. **DRIVING** – you may resume driving when you are no longer taking narcotic pain medications and feel unrestricted by pain.
16. **DO NOT USE ICE PACKS OR HEATING PADS TO BREASTS. DUE TO NUMBNESS RESULTING FROM SWELLING YOU CAN CAUSE FROSTBITE OR BURNS TO THE AREAS!!!**
17. **PLEASE ADVISE US +/- GO TO YOUR CLOSEST EMERGENCY ROOM TO SEEK MEDICAL ATTENTION IF YOU FEEL UNWELL, HAVE FEVERS OR CHILLS, HAVE UNCONTROLLABLE PAIN, DISPROPORTIONATE AND INCREASING SWELLING, REDNESS OR SWELLING FROM THE SURGICAL INCISIONS OR DRAIN SITES, OR ARE EXPERIENCING ANYTHING CONCERNING TO YOU.**

SPECIAL NOTES FOR PATIENTS WITH TEXTURED IMPLANTS:

If you have textured implants, there are a few key points that will aid in the implant surface “sticking” to the inside of your breast.

- 1). NO EXERCISE X 6 WEEKS MINIMUM
- 2). NO Displacement Exercises
- 3). Avoid Anti-Inflammatories and NSAIDS (eg: ibuprofen, advil, toradol, etc) x 6 weeks

BREAST IMPLANTS WITH BREAST LIFTING SURGERY **(“Mastopexy-Augmentation”)**

In some cases, patients need to have a breast lifting procedure at the same time as breast implant surgery. This is due to a low nipple position, loose breast tissue, and/or excess breast skin. The goal of this procedure is to enhance breast volume, improve the fullness in the upper part of the breast, and reshape the breast to create a youthful and aesthetically pleasing breast.

If an implant is sitting a little too high in the early post-operative period (especially when under the muscle, the implant may “ride high” for a few weeks) it will make the nipple position look too low relative to the breast. This will correct itself once the implant drops and fills out the lower breast.

The above information about breast augmentation will apply when having breast augmentation with a breast lift, EXCEPT:

- 1). **INCISIONS** - The incisions are generally larger (at least an incision around the nipple, if not a “lollipop” incision or an “anchor” incision). If you have these incisions, you will have steri-strip tapes on the incisions that will stay on for 2 weeks or so. You can shower starting We will control the scar after these fall off with paper taping.
- 2). **IMPLANT DISPLACEMENT EXERCISES** – When having a mastopexy-augmentation, implant displacement exercises generally do not start until later on in the healing process. The incisions should be partially healed before starting these, which is usually after at least 7-10 days, if not longer. You will likely be a little too sore to start these displacement exercises sooner.
- 3). **DRESSINGS** – Your incisions will be covered by steri-strip tapes, then gauze over top, then a soft sports bra to hold the gauze in place. I see patients generally on the day after surgery and change the gauze on the first day. After this initially dressing change, the leakage from the incisions slows down and I encourage patients to place a maxipad or liner over the incisions as a dressing. They absorb more fluid and are easy to find!

BREAST IMPLANT MAINTENANCE

1). MASSAGE AND COMPRESSION EXERCISES

Starting 10-14 days (depending on your tenderness) following your procedure, it is recommended that you perform breast implant massage or compression exercises. These exercises involve pushing the implant to the outermost corners of the pocket several times in succession. The implant should be moved up, down, to the right, and to the left. Hold the implant in each position for a few seconds. Gentle pressure is all that is required – aggressive and forceful displacement may enlarge the pocket.

Although most important in the initial few months while your body is making a natural scar capsule around the breast, it is recommended that you continue these exercises daily for as long as possible...some women perform them for the life of the implants! These exercises can be important to keep the “pocket” that the implant sits in wide, to decrease your risk of developing *CAPSULAR CONTRACTURE* (scar tissue around the implants that makes the pocket that the implant sits in too tight, which may lead to implants feeling more firm). These exercises keep the breasts looking and feeling as soft as possible.

Breast Implant Displacement Exercises

- Press the breasts slowly and maximally inwards (towards your breast bone) and hold for 10 seconds, then release. Repeat for a total of 10 times.
- Press the breasts apart slowly and maximally outwards and hold for 10 seconds, then release. Repeat for a total of 10 times.
- Repeat for downward movement.
- Repeat for upward movement.

*****These exercises should be performed 10 times in each direction at least once per day on each breast the as long as you have your breast implants.*****

2). BREAST HEALTH

Patients commonly ask whether or not breast implants can increase one’s risk of BREAST CANCER. There is no increased risk with breast cancer in patients with breast implants. There are some studies that have shown that there are fewer breast cancers in women with breast implants and that cancers are sometimes detected earlier in patients with breast implants.

Currently, the literature supports that there is no relation between the presence of breast implants and the development of breast cancer.

However, the presence of breast implants can make mammograms somewhat more difficult to perform and interpret. Routine breast examinations are an important part of any breast health program and should continue. Mammograms should occur as recommended by the Canadian Breast Cancer Guidelines, which

will be ordered by your family doctor. When having a mammogram, please inform the x-ray technicians that you have breast implants, as there are special views that help the radiologist assess the breast tissue more completely. The safest position to place an implant is BELOW the chest wall muscle – when having a mammogram, the implant is held back behind the muscle and allows for the actual breast tissue to be better visualized.

3). **BRAS**

In the immediate post-operative period, you do not need to wear a bra or may wear a loose fitting bra if desired.

DO NOT WEAR A PUSH UP OR UNDERWIRE BRA FOR AT LEAST 8 WEEKS AFTER SURGERY!

Good, supportive bras are essential for breast implant health. They may help keep your breasts from sagging over time. Always wear a sports bra when exercising!

FINANCIAL RESPONSIBILITIES

The cost of surgery includes several services provided including fees charged by your doctor, the cost of the implants and surgical supplies, anesthesia doctor fees, surgical facility fees and nursing fees, and post-operative garment/compression straps. Additional cost may occur should complication develop from your surgery. In some cases, especially in the immediate post-operative period (first few weeks), if complications should occur, there is usually no additional cost. However, if complications develop in the later post-operative period, secondary surgery or surgical facility/anesthesia charges involved with the revisionary surgery would be your responsibility - there are usually no additional *surgeon's fees* related to revisionary surgeries. Implant exchanges for issues related to size are solely the patient's responsibility.

Breast Revisionary Surgery may be performed for a number of reasons. The most common include:

- desire to change implant/breast size
- tightening of scar tissue around the implant (capsular contracture)
- breast implants that have asymmetries in position
- if your breast tissue has changed in shape or volume from skin stretch or weight loss/gain

Many of the problems, known and unknown, that can occur and may be related to breast implants may need additional treatment or surgery. Any of these may require additional expenses and costs to the person having breast implant surgery.

V). DIET, HYGEINE, AND ACTIVITY AFTER YOUR PROCEDURE

- 1). **DIET:** There are generally no dietary restrictions following the procedure. Drink lots of fluid and maintain adequate protein intake for wound healing.
- 2). **SUN EXPOSURE:** The skin is sensitive to sunlight after surgery. Protect your incisions from excess exposure from the sun. Wear sunscreen (SPF-30 or greater) if you anticipate the incisions being exposed to sunlight. We usually recommend that sun precautions be carried out for at least *6-12 months post-operatively*.
- 3). **PHYSICAL ACTIVITY:** Care should be taken when getting up at first, as you may be dizzy from the anesthesia or pain medications. Strenuous physical activity (heart rate >100 beats per minute) should be avoided for at least 2 (two) weeks. Following breast augmentation, we suggest that you always wear a supportive bra/sportsbra while exercising. Lifting over 10-20 pounds may commence at 3-4 weeks after surgery.
- 4). **Working:** For some patients, desk work/sedentary work may be resumed sometimes within 2-5 days after surgery. This decision depends on your level of pain and how quickly you recover. If heavy lifting (>10 pounds), or heavy physical activity is required as a part of your job, you may want to take up to 3-4 weeks off of work.