

# Cosmetic Surgical Arts & Rejuvenation of Oklahoma City

## Instructions for a Rapid Recovery

### Preparing for Breast Augmentation surgery:

- Plan for maximum rest and relaxation following surgery.
- Bring a small bag with you containing items you may need, such as your driver's license, cash / credit card, water bottle, and packaged dry snacks.
- Wear loose clothing the day of surgery and to change into following surgery. In order to avoid raising your arms, garments that button or zip in the front are preferred. Include a bra to wear following surgery.
- Have a friend or family member bring you to your appointment and take you home following surgery. You cannot leave alone.
- For your safety, have a friend or family member spend the 24 hours following surgery with you. You should not be left alone.

### Preparing for post-surgery:

During the 24 hours following surgery, whether recovering at home or at a local hotel, arrange for an adult to assist you. You should not be left alone and you should have adult assistance walking during these first 24 hours as you may be prone to falling, fainting, and injuring yourself. You should also have adult assistance when going to the bathroom on the first night.

### Post-surgery expectations:

- The anesthetist will wake you following surgery. It is not uncommon to feel groggy and many patients do not remember the first 10-15 minutes after regaining consciousness.
- Discomfort, swollen breasts, and bruising are all common results of surgery. To minimize discomfort, protect your incisions and hold the implants firmly in place during initial healing. You will have support bandages, will be wearing a surgical bra around your chest, and will also have a compression band applied over the top of the implants and/or under the breast fold.
- Blood spotting is normal; this does not indicate bleeding. You will be examined the morning following surgery where bandages and dressings will be changed if necessary.
- Have a friend or family member bring you to your follow-up appointment the next day. You cannot drive yourself.

## Post-surgery care:

- Rest and sleep.
- You will have no diet restrictions, but you must be able to sit upright and be alert prior to eating.
- **Avoid all sexual and strenuous activity.**
- Return the next morning for your follow-up visit.

## Common Side Effects:

- Pain, discomfort, swelling, and bruising around the breast/chest area.
- Blood spots on bandages/dressings.
- Nausea
- Constipation from taking too many painkillers.

## DO NOT :

- **LIFT, PUSH OR PULL FOR A MINIMUM OF A WEEK.** (After 1 week, full range of motion with our arms is permissible, but lifting is restricted to 5 pounds or less for a period of 2 weeks). After this, you MUST clear any further lifting or exercise with Dr. Cohn.
- **Sleep on your stomach or sides for 6 weeks (YOU MUST SLEEP ON YOUR BACK).**
- **Run, jump or perform any vigorous physical activity that will make your breast bounce and potentially break open your wounds or dislodge your implants.**
- **Try to look at your scars by pulling up on your breast (to see the breast fold and areola scars).**
- **Lift your arms above your shoulders!**
- **Get wounds wet for the first 24 hours after surgery.**
- **Take a bath for 2 weeks; you may shower after 24 hours, but make sure to thoroughly dry your wounds.** You should use a hair dryer on low setting to completely dry the wounds and the dressings.
- **Remove your surgical bra and compression band(s) until Dr. Cohn has advised you to do so!** (This is in exception to when you are washing it).
- **Wear an underwire or push up bra for at least 6 weeks after surgery!** (this is, until your wounds have properly healed and your breast implants have settled) If you have any questions to whether the bra is acceptable, please ask Dr. Cohn for advice.

## Pain:

Pain intensity will largely depend upon surgical technique. Under the chest muscle (sub-muscular or sub-pectoral) generally tends to be more uncomfortable than over the chest muscle (sub-glandular or sub-mammary). Each patient has a different pain threshold. Most patients have minimal discomfort relieved by prescription pain medication. Follow all post-operative instructions to ensure maximum results and proper healing.

**If any of the following occur, contact the clinic immediately at 405-607-1333:**

- Excessive pain not relieved by pain medication.
- Excessive bleeding that soaks through bandages/dressings and does not seem to stop.
- Excessive swelling or one or both breasts following surgery.
- Shortness of breath, deep chest pain, excessive headache.

A nurse will consult with you to determine if you need urgent care. If you are unable to contact the clinic, or if it is after regular business hours, go to the nearest emergency facility.