



GRAPER
COSMETIC
SURGERY

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POSTOPERATIVE AUGMENTATIONS MAMMOPLASTY AND/OR MASTOPEXY INSTRUCTIONS

1. Take medications as directed. **DO NOT** mix alcohol and medications. **DO NOT** take aspirin or any medications containing aspirin for two weeks. **DO NOT smoke or be around anyone who is smoking to prevent wound break down or tissue death.** If you are taking an antibiotic, be sure to finish it.
2. Report any one-sided swelling or bruising. Many patients have a small size difference between their breasts for a time after surgery. This will resolve over time. A significant collection of blood under the skin is unusual and would look as if there was an extra grapefruit in addition to the implant.
3. Many patients are sent home with an Ace wrap compressing the upper of the breast so that the implant stays positioned in the lower portion of the breast. To assure proper compression on the implant, the Ace wrap should not extend below nipple level. Depending on the type of implant used, not all patients need to wear the Ace wrap after surgery.
4. Rest the first day and night of surgery. You must have assistance. The second day post-op you can move a little more depending on how you feel. We encourage you to move your legs and feet often to prevent dangerous blood clots in the legs. Taking big breaths and coughing will restore normal lung function after surgery.
5. Keep your elbows by your sides on the day of surgery. You should then begin raising your hands above your head so that by the fourth post-op day, your arms can be raised normally over your head.
6. If you are not taking pain medication, you may drive when you can make evasive movements without hesitation.
7. You may shower on the second day after surgery, replace the dressing as needed for drainage. If you have been instructed to wear a bra or Ace wrap, reapply this after bathing.
8. You can lift heavy objects when there is no pain. This is usually within the first ten days.
9. You will begin your breast implant exercises after the first post-op visit.
10. The swelling in the breast will resolve quickly, but will not be complete for four to six weeks. On average the breasts are 10-15% larger than they will eventually be for the first several weeks. Occasionally the breasts are different sizes until the swelling is gone. Again up to a 20% difference is normal.
11. Most patients have significant muscular pain for the first 7-10 days, much like that of a pulled muscle. This discomfort will be improved by time, doing the breast implant exercises, and pain medication as needed.
12. Begin wearing a bra after removing the ace wrap on the second day post op unless otherwise instructed. Only purchase one or two bras, as the size will change as the swelling resolves.
13. Please call our office if you have questions or concerns.
14. Call our office soon to schedule your fist post-op visit on _____.