



SMITA R. RAMANADHAM, M.D.
PLASTIC SURGERY

Breast Augmentation

Patient Care Instructions

General Information

Breast augmentation is cosmetic breast surgery that can increase the size of the female breast. It is one of the most frequently performed cosmetic surgery procedures in the world. A breast augmentation can give a woman with small or unevenly-sized breasts a fuller, firmer, better-proportioned look. In some situations, the placement of a breast implant can also provide a small breast lift. A breast augmentation can be performed using a variety of different techniques. The most common incisions are: Underneath the breast (inframammary), around the areola (periaerolar), or in the armpit (transaxillary). Both saline and silicone implants are approved by the FDA for breast augmentation, however, only saline implants are approved for those patients younger than 22 years of age. Modern silicone implants are filled with cohesive gel that has a consistency that more closely resembles a gummy bear than water. This gel is believed to better prevent silicone migration once the outer silicone cover (shell) has worn out many years after implantation.

Things to handle prior to your surgery

Avoid all NSAIDs (motrin, aspirin, ibuprofen, etc) for 7-10 days prior to procedure unless otherwise directed by your doctor. Continued use may cause bleeding.

Avoid all herbal medicine or supplements for 3 weeks prior to procedure. Continued use may cause bleeding.

Arrange for someone to drive you home from the hospital and stay with you for 1 to 2 days.

Necessary medications will be called into your pharmacy or a prescription given to you on the day of surgery..

Protein supplementation can be started one to two weeks before surgery and should include over 20 grams of additional protein daily.

Have electrolyte containing fluids such as Gatorade or electrolyte water on hand.

Have stool softeners/laxatives on hand, such as Colace, Biscodyl, Milk of Magnesia. These can be purchased at your local pharmacy.

Review the attached list of medications not to take during the perioperative period. If you have any further questions that were not addressed during your consultation then please call the plastic surgery office. If you are unsure if you can stop medications then please call the prescribing provider to confirm if this is medically safe.

For your convenience, we have included a [Suggested Shopping List](#) in the addendum to these instructions



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Pre-Operative Guidelines

Smoking should be stopped a minimum of 4 weeks prior to surgery. Smoking should be avoided for at least 4 weeks after surgery as well. Smoking can greatly interfere with healing and lead to postoperative complications.

Do not eat or drink anything after midnight the night before surgery. This includes no water, gum, or hard candy. Blood pressure and/or heart medications can be taken with a sip of water as directed by your prescribing physician.

If you take medication for diabetes then confirm with your prescribing physician how to manage these medications prior to surgery.

If you are prone to nausea or motion sickness let your anesthesiologist know on the day of surgery. Medications can be started prior to surgery or during surgery to help improve your postoperative experience.

Post-Operative Care

Take pain medication and muscle relaxants as prescribed. Often these medications are necessary for the first two days and then on an as needed basis. Do not drink alcohol with these medications.

Ibuprofen (Motrin) can be started 7 days after surgery.

Take a suggested stool softener/laxative until bowels begin to function normally after surgery. A combination of anesthesia, muscle relaxants and pain medications usually make this necessary for a few days.

Do not smoke or be around smoking as even second-hand smoke delays healing and increases the risk of complications.

Get plenty of rest.

Follow a well-balanced diet, which includes protein and is limited in salt intake. A high salt diet or meal, can lead to increased swelling and prolonged recovery. It is best to continue the protein supplementation for approximately 3 weeks after surgery.

Oral hydration should include the use of electrolyte containing fluids such as Gatorade or a low calorie substitute. Limit the amount of caffeinated beverages as they can promote dehydration; however, Dr. Ramanadham recommends you maintain your daily average of caffeine to avoid headaches.

A surgical bra is acceptable and may be placed in some situations. You may wear a camisole or sport bra, but no underwire bra for 4 weeks or until the incisions have healed completely.

Activity Restrictions



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Walking is encouraged shortly after the operation. This will decrease risks of blood clots. Light cardiovascular exercise can be gradually resumed after 4 weeks with all activities resumed at 6 weeks.

You can begin arm exercises the day following your surgery. Your arms should not be used to support your body or to lift heavy things. Raising your arms above 90 degrees is acceptable. Range of motion exercises are encouraged but should be limited initially until your pain has improved significantly and then gradually increased.

For the first 48 hours, your arms should not be used to support your body or to lift heavy things. Raising your arms to 90 degrees is okay.

Avoid sleeping on your chest or side.

Do not lift anything heavier than 10 pounds for 4 weeks. Avoid any activity such as running where your breasts will be bouncing.

Do not drive for approximately 7 to 10 days or until you are no longer taking oral pain medications or muscle relaxers.

Do not run, lift weights, play tennis or golf for 6 weeks after surgery. It is important to keep your heart rate under 100 beats per minute for 4 weeks.

Cardiovascular exercises can be resumed gradually after 4 weeks.

Heavy lifting/stretching (Yoga) can be resumed after 6 weeks.

Incision Care

You may have a clear skin glue dressing on your incisions. The glue will protect the incisions for 3 weeks. If you have persistent sutures, they will be removed in 7 to 14 days.

You may shower the day after the operation. Make sure someone is with you at your first shower.

Do not submerge the incisions for at least one month. No baths, pools, lakes, or oceans.

Do not use a heating pad; heat may burn the area.

If given a surgical bra, it can be removed before showering. Any gauze can be discarded and does not need to be replaced after the first shower. If the bra is irritating the incisions, you can wear a camisole or snug tshirt under the bra.

If a clear plastic dressing is in place, it can remain attached to the skin. Gently pat it dry when the shower is completed. This dressing can gently be removed if it becomes saturated.



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What to Expect after Breast Augmentation Surgery

It is common to have discomfort of the breast and mild burning around the incision. This is normal and will improve shortly after surgery.

Tightness of the breasts is a normal feeling after this surgery. This may worsen over the first 2 days, but will relax with time.

The breasts will be swollen, tight, and high on the chest. As the skin stretches and swelling improves, the tightness will improve and breasts will settle to a slightly lower position. The final shape and appearance of the breasts will take 1 year to achieve.

There may be a feeling of numbness of the breasts that will subside with time.

Constipation is common after any operation, and is secondary to the anesthetic, pain medication and dehydration. Please stay well hydrated and use the recommended stool softener and/or laxative until bowels return to normal.

When to Call the Office

If you have increased swelling and bruising of one breast significantly more than the other. Remove the bra to make this determination. This may represent a hematoma (collection of blood) or a seroma (collection of clear fluid).

If you have increasing swelling or redness around the incision.

If you have severe pain not relieved by pain medication.

If you have any side effects from the medication: rash, nausea, headache, vomiting.

If you have fever over 101.

If you have yellow or greenish drainage from an incision or notice a foul odor.

If you notice some vaginal burning and itching as a result of the antibiotics used during and after surgery.

For medical questions, please call our office.

Follow-up Care and Appointments

It is important to be seen by Dr. Ramanadham approximately 2 weeks after your surgery.

You should also schedule to be seen at 6 weeks, 3 months, 6 months, and 1 year after your operation.

Suggested Shopping List: Items to have on hand prior to surgery

- Prescriptions will be called into your local pharmacy as ordered by Dr. Ramanadham or will be given to you on the day of surgery. Typical medications are as follows but these will be tailored to your needs.
 - Norco or tramadol (pain medication)
 - Valium or Xanax (muscle relaxant and anti-anxiety medication)
 - Keflex (Antibiotic)



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PLASTIC SURGERY

- Ibuprofen (Motrin)- safe to use 7 days after your surgery
- Gatorade or another low calorie alternative, such as water with electrolytes
- Protein Supplements
- Stool softener / laxative (choose one):
 - Docusate (Colace) 100 mg orally two to three times daily when taking pain medication
 - Milk of Magnesia 30cc/1 Tablespoon twice daily when taking pain medication
 - Prune juice or Sorbitol orally
 - Biscodyl or Magnesium Citrate as needed for constipation
- Camisole or Sports Bra is best to use. Avoid underwires for 4-6 weeks.