

LLOYD D LANDSMAN MD

plastic & cosmetic surgery ≡≡≡

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Post Operative Instructions

Procedure: Breast Augmentation

1. You must spend the first evening following your surgery with an adult.
2. Post operative pain should be moderate. Take the pain medication prescribed as directed. Be sure to take the phenergan with the pain medication in order to minimize postoperative nausea.
3. Pain medication can cause constipation. Please take a mild stool softener such as Colace once in the morning and once at night while on pain medication.
4. Drink plenty of water. Water will help flush out the residual anesthesia, as well as reduce swelling and constipation.
5. If you should notice any significant swelling, particularly on one side, or if there is persistent oozing of blood or of fluid of any type, please notify the doctor immediately.
6. If you should have a fever of greater than **101.6 F**, please notify the doctor immediately.
7. Leave your present dressing in place until your first postoperative visit.
8. No heavy lifting, strenuous exercise or activity is permitted for the first 2 weeks following surgery. After 2 weeks, you may gradually resume your usual level of activity. Any exercise or weight lifting which relies on the muscles of the chest may resume 4 weeks after surgery.
9. You may bathe, but try to keep the dressing on the breast area dry at all times.
10. You will receive your postoperative bra on your first postoperative appointment.
11. Please do not wear any bra except those approved by the doctor. No underwire bras are permitted until 4 weeks following surgery.
12. Your first post operative visit will be on _____
13. If you should have any questions or have any problems please call the office immediately at 631-864-4111, and the doctor will return your call as soon as possible. **DO NOT USE EMAIL FOR EMERGENCIES.**
14. Do not use or apply ice or heat to operative area at any time during your recovery period.