

**ROD J. ROHRICH, M.D.  
PLASTIC SURGERY**

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**BREAST AUGMENTATION  
AFTER CARE INSTRUCTIONS**

1. After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you will be weak and drowsy. You may require help the first few times you get out of bed.
2. It is important to get out of bed early and often after your surgery (with assistance) to prevent postoperative problems. Please take deep breaths frequently to keep your lungs clear (15-20 per hour.) Keep your head elevated about 30 degrees (two pillows) with the knees slightly flexed.
3. A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or jello. **You may start a regular diet the next day.**
4. Please take the pain medication only if you have pain. Take it with crackers, Jell-O, etc. You will be given an anti-anxiety/muscle relaxant medication (Valium) that you may take as well to prevent aggravation of the pain cycle.
5. For the first 48 hours keep your arm movements to a minimum. Your arms should not be used to support your body or lift anything heavy. Do not push with your arms to lift yourself in bed.
6. Infrequently small drains are used to draw off any accumulating fluid after surgery. The bulb should be kept collapsed at all times. The fluid will need to be removed from the bulb twice daily or when half full. Please keep a record of what time and how much fluid is emptied from the bulb. Bring this record with you to the office appointment. Usually drains are removed 48 hours after surgery. The drains will not be removed if you have drained more than 30 cc within a 24-hour period.
7. You will have a clear skin glue dressing (Dermabond) over your incision. This will protect the incision for 7-10 days. You can shower with the Dermabond on. If you have sutures, they will be removed in 7-10 days and you will wear steri-strips for 3-4 weeks. (We will provide the steri-strips.) Apply scar cream as directed by Dr. Rohrich (see scar care instructions) to maximize wound healing.
8. **DO NOT SMOKE.** This is very important.
9. You may shower 24 hours after surgery.
10. You are able to wear the surgical bra, or, a non-underwire bra, at all times day and night for 4 weeks. Then you may wear a camisole, no bra, or an underwire bra.

## **BREAST AUGMENTATION AFTER CARE INSTRUCTIONS (continued)**

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11. Strenuous activities and exercises are to be avoided until 3 weeks after surgery. (heart rate should stay below 100 beats per minute.) You may gradually resume normal daily activities after 48 hours being careful to avoid any activity that causes pain or discomfort.
  12. Driving may be resumed when a sharp turn of the steering wheel will not cause pain; this is usually within 5-7 days.
  13. Breast implant massage should start 3-5 days after surgery. An illustration is provided and the nurse or Dr. Rohrich will show you how to perform these breast exercises. The importance of the breast exercises cannot be over emphasized. They help to prevent capsular contractures and promote healing of the chest muscles. You should be committed to doing these exercises on each breast three times daily for life.
  14. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact or tanning booths are to be avoided and use a sunscreen with SPF of 15 with UVA and UVB protection for at least 6 months. The incision scars can be massaged with the scar therapy cream (see scar care instructions.) This will promote early softening and maturation of these areas.
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### **WHAT TO EXPECT AFTER SURGERY**

- Sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.
- Bruising and swelling are normal for 2-3 weeks. It will disappear over time.
- You will initially feel like your implants are too high and too large. This will resolve over the first 4-6 weeks post operatively.

#### **\*Please note**

**If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office.**

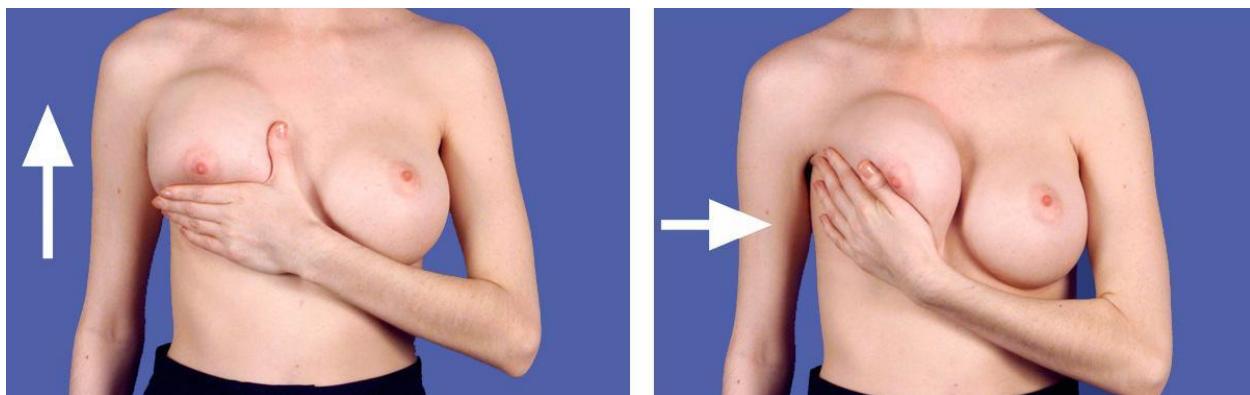
**If you develop a fever (oral temperature greater than 100°), redness and/or increased pain at the surgical incision sites, please call Dr. Rohrich immediately.**

**If you have major dental work or major surgery, please notify Dr. Rohrich so he can prescribe a preoperative medication to protect your implants from possible infection.**

## BREAST AUGMENTATION AFTER CARE INSTRUCTIONS (continued)

### Breast Implant Exercises

These exercises help to prevent capsular contractures (the development of scar tissue around the implant) and also help promote healing. The exercises should be performed 3 times daily for the first 6 months, twice daily for the next 6 months, and then 1 time daily for life. Each breast should be pushed gently and held in position of a few seconds before release.



(One exercise includes both directions)

10 exercises 3 times daily for the first 6 months

10 exercises 2 times daily for the next 6 months

10 exercises one time daily for life

## **BREAST AUGMENTATION AFTER CARE INSTRUCTIONS (continued)**

It is important to be seen by Dr. Rohrich after your initial post-op checks. He will see you in follow-up appointments at 3 weeks, 6 weeks, 6 months and 1-year post-op. Call to schedule your appointments at Dallas Plastic Surgery Institute at 214-821-9114 between the hours of 8:30 – 5:00.

**IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. ROHRICH**

If you are a patient, please call between the hours of 8:30-5:00. If you need immediate care, please call Dr. Rohrich anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Rohrich's cell: 214-500-4870  
Dr. Rohrich's email: [rod.rohrich@dpsi.org](mailto:rod.rohrich@dpsi.org)  
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