

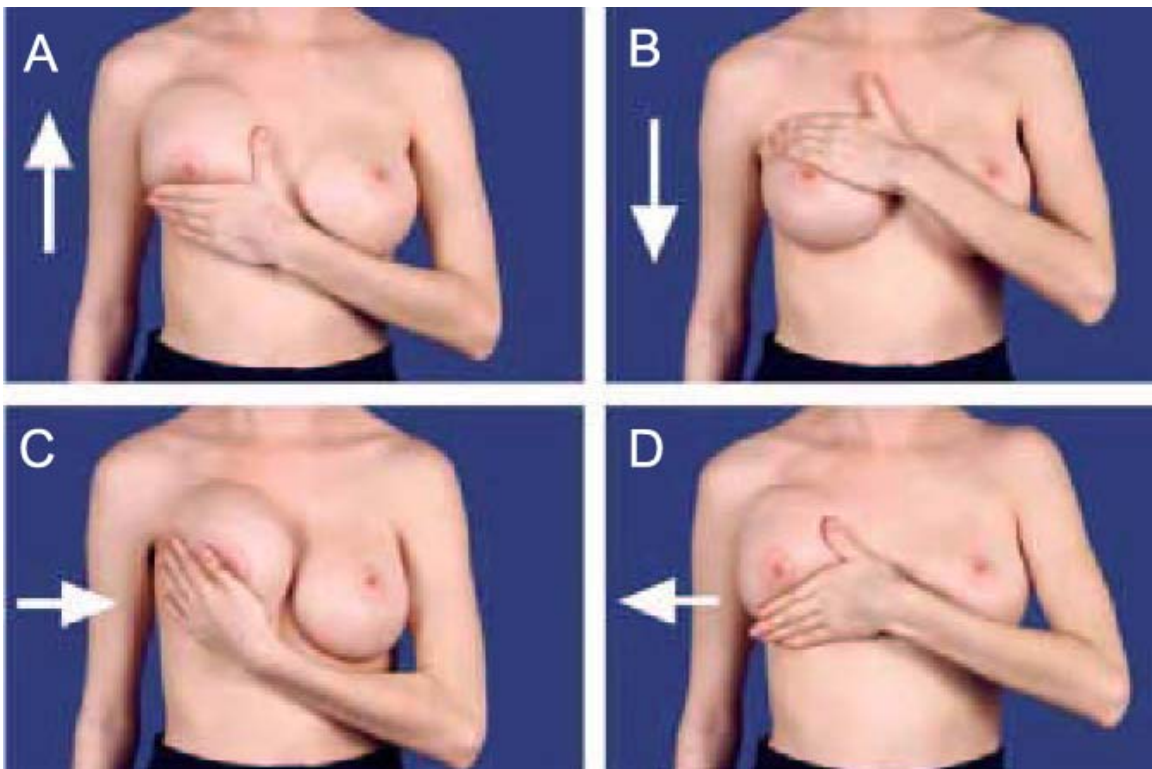
Dana M. Coberly, M.D.
BREAST AUGMENTATION
After Care Instructions

- A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups and jello. You can work up to a regular diet when you feel ready. We recommend avoiding carbonated, dairy, and fatty foods.
- If you have discomfort, take the medication prescribed every 4-6 hours. It is best to take the medication with crackers, jello, etc. Do not take the pain medication if you do not have pain. Do not drink alcohol while taking the pain and/or anxiety medication.
- For the first 48 hours, you should move your arms as needed to brush your hair, eat, and brush your teeth. Your arms should not be used to support your body or lift anything heavy. Do not lift anything heavier than 10 lbs. (about the weight of a gallon of milk) for 3 weeks. Avoid activity that causes pain.
- You may shower 24 hours after surgery. Remove the gauze dressing before showering. Leave the steri-strips in place. Let the water run over the breast area and pat the steri-strips dry.
- You may wear a bra after surgery. Often a bra will be placed at the end of the surgery, and should be worn for the first 4 weeks.
- Work may be resumed in 2-5 days, depending upon the type of activity required.
- Excessive and strenuous activities (aerobics, running, weight lifting, elliptical training) should be avoided for 3 weeks. Keep your heart rate below 100 beats per minute during that time.
- Driving may be resumed when a sharp turn of the steering wheel does not cause you pain. This is usually in 5-7 days. Do not drive if you are taking narcotic pain medication (*Tylenol*TM does not cause drowsiness, and you may drive after taking it).
- Bruising and swelling are normal for 2-3 weeks. It will disappear over time.
- Sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.
- You can expect swelling after surgery. If the swelling on one side is definitely more pronounced on one side than the other side or if you are having pain which is NOT relieved by the pain medication, call Dr. Coberly at 813-259-1550.
- All incisions will be sensitive during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 15 or greater for at least 1 year that has both UVA and UVB protection.

- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please contact your doctor.
- If you develop a fever (oral temperature greater than 101 degrees), redness, or increased pain or swelling at the surgical incisions, please call Dr. Coberly.
- Breast implant massage should begin as soon as you are able to do so without pain. This is usually 3-5 days after surgery. You will be given instructions on breast massage after surgery or at your follow-up appointment. The importance of breast massage cannot be over-emphasized. You should be committed to doing breast massage on each breast 3 times daily for a very long time.
- You will initially feel like your implants are too high and too large. This will resolve over the first 4-6 months after surgery.

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BREAST IMPLANT EXERCISES
After Care Instructions

- Breast implant massage should begin as soon as you are able to do so without pain. This is usually 3-5 days after surgery. You will be given instructions on breast massage after surgery or at your follow-up appointment. The importance of breast massage cannot be over-emphasized. You should be committed to doing breast massage on each breast 3 times daily for a very long time.
- One cycle of massage equals one push in each direction – A, B, C and D.
- First 3 months – 10 cycles 3 times a day.
- From 3 months to 1 year – 10 cycles 2 times a day.
- After 1 year – 10 cycles once a day.
- In the diagram below, note the fullness of the breast toward the arrows.



- **GOAL:** To keep implant moving freely in the pocket created for it. This will keep the pocket from scarring tightly around the implant and forming a very firm breast.