

# Breast Augmentation Aftercare

Thank you for choosing Breast Augmentation. To ensure proper healing, minimise complications, and achieve the best results, please follow these aftercare instructions carefully.

## IMMEDIATELY AFTER SURGERY

### Rest and Recovery

After the procedure, it is important to rest and avoid any strenuous activity. Take time to relax, and allow your body to begin the healing process.

### Wear Your Surgical Bra

You will be provided with a supportive surgical bra that should be worn 24/7 for the first 6 weeks after surgery. This helps reduce swelling, supports your implants, and promotes proper positioning.

### Avoid Touching or Massaging Your Breasts

For the first few weeks, avoid touching, massaging, or applying pressure to your breasts. This is critical to allow proper healing and to avoid shifting the implants.

## FOR THE FIRST 48-72 HOURS

### Manage Swelling and Bruising

Swelling and bruising are normal after breast augmentation. Apply cold compresses to the treated area for 20 minutes at a time to help reduce swelling. Avoid applying ice directly to the skin; use a cloth or towel as a barrier.

### Pain Management

Take any prescribed pain medication or over-the-counter pain relievers (as recommended by your surgeon). Avoid taking aspirin, as it can increase the risk of bleeding.

### Hydration and Nutrition

Ensure you stay well-hydrated and eat nutritious meals. This will support your body's healing process and help reduce swelling.

## FOR THE FIRST WEEK

### Limit Movement

Avoid lifting anything heavier than 5-10 pounds during the first week, including lifting your arms above your head. Refrain from any activity that could cause strain or pressure on your chest.

### Showering and Bathing

You can shower after the first 48 hours, but do not allow the surgical site to get wet during the first 2 weeks. Avoid soaking in a bath, hot tubs, or swimming pools during the recovery period, as these can introduce bacteria and increase the risk of infection.

### Sleep Position

Sleep on your back with your head elevated for the first few weeks to minimise swelling. Do not sleep on your stomach or side during this period to avoid pressure on your chest.

## FOR THE FIRST 4-6 WEEKS

### Continue Wearing the Surgical Bra

Continue to wear your supportive surgical bra as instructed, especially during the day and at night. This helps with swelling and ensures proper positioning of the implants.

### Avoid Physical Activity

Refrain from any strenuous physical activities, including running, heavy lifting, and exercising. These activities can place strain on your healing breasts and affect your results.

### Follow-Up Appointments

Attend all follow-up appointments with your surgeon. This is essential for monitoring your healing and ensuring that your implants are settling in properly.

## COMMON SIDE EFFECTS

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### Swelling and Bruising

Mild swelling and bruising are expected and should subside within the first 1-2 weeks. If swelling persists or worsens after this period, contact your surgeon.

### Soreness or Tightness

A sensation of tightness or soreness in the chest is normal during the early stages of recovery. This should decrease over time as the muscles and tissues adjust to the implants.

### Numbness

Some temporary numbness or altered sensation around the breast area or nipples may occur, but this will resolve within a few weeks to a few months.

## WHEN TO CONTACT US

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Please contact your surgeon immediately if you experience:

- Severe pain, redness, or warmth around the breasts (signs of infection)
- Persistent swelling or bruising after the first few weeks
- Drainage or discharge from the incisions
- Any changes in the shape, size, or hardness of the implants
- Difficulty breathing or other signs of complications

## LONG-TERM CARE

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### Continue to Wear a Supportive Bra

After the first 6 weeks, you may transition to wearing a regular supportive bra. Ensure it provides good support without underwires.

### Monitor for Changes

Keep an eye on the appearance of your breasts. If you notice any unusual changes, such as asymmetry or hardening around the implants, contact your surgeon.

### Avoid Smoking and Excessive Alcohol

Smoking and excessive alcohol can interfere with the healing process and may increase the risk of complications. Avoid both during your recovery.

### Schedule Routine Check-ups

It's important to schedule regular check-ups with your surgeon to monitor the condition of your implants and ensure long-term health.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

## CONFIRMATION

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- I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.