

Plastic Surgery of Texas

Ben J. Tittle, M.D.

Post-operative Instructions

Breast Augmentation

The following list is a guideline of instructions for post operative care. We will go over all of these at your pre-operative visit, and any special instructions you may need as each patient and surgery is unique. Please, always ask if you have any questions.

1. Make sure that you eat something before taking any of your medications to avoid an upset stomach. You may also want to take stool softeners as the anesthesia and pain medication can cause constipation.
2. We want you to get up and around as you feel comfortable, but ask that you refrain from any heavy lifting, nothing over a gallon of milk, or repetitive arm movements like vacuuming or sweeping.
3. Your incisions will most likely be closed with clear glue (Dermabond) on the skin surface. The Dermabond will begin to come off 1-2 weeks after surgery and may appear like peeling skin. You will also have internal sutures that will dissolve over time. Please do NOT use any ointment on your incisions.
4. Please no underwire bras for 4-6 weeks. We have found that camisoles or tank tops with built in bras seem to be most comfortable for patients. Whatever you choose to wear be sure that it is not too tight; we want you to be comfortable.
5. We ask that you refrain from any exercise or work-out regimen for 2 weeks. You can walk around and do activities of daily living, but please do not do any thing that will raise you heart rate for an extended period of time. You will be able to resume exercise after the 2 week post-op period is over, just listen to your body and start out slowly with a gradual increase back to your normal regimen.
6. You will have multiple follow-up office visits. These are so that Dr. Tittle can monitor your progress and so that you will be able to ask any questions you may have through out the recovery process. If you ever have any concerns or questions please call the office we are happy to assist you in any way.