



Neil J. Zimmel, MD

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Patient Instructions for Breast Augmentation

Preparations for Surgery:

For two weeks before surgery **AVOID** aspirin or products containing aspirin. Also avoid ibuprofen, naproxen, Vitamin E, and herbal supplements as these products make the blood more difficult to clot. Dr. Zimmel will provide you with a complete list of medications to avoid. You may take Tylenol.

If you smoke Dr. Zimmel urges you to quit as ***least six weeks prior to surgery.***

You must purchase a sports bra that will be used immediately after your operation. You will bring this on the day of surgery and be placed in it immediately. Dr. Zimmel will discuss the size during your preoperative visit.

Dr. Zimmel will prescribe antibiotics, pain medication, and nausea medication for you during your final preoperative visit. We recommend filling these prescriptions before the day of surgery for your comfort and convenience.

Please shower and shampoo the evening AND morning before surgery.

Wear comfortable clothing such as a warm up suit to surgery.

Immediately Following Surgery:

After surgery you will rest quietly for the first 48 hours. You will be able to walk around the house and perform light daily activities; however, during this time, it is not at all unusual for you to feel some pain, soreness and pressure in the chest area. This will gradually subside and Dr. Zimmel will give you pain medication to relieve it.

You must take the entire prescription of antibiotics.

Be sure to lie on your back whenever you rest or sleep.

The sports bra that you have been put in should be worn constantly during the day and at night. Dr. Zimmel will see you in the office the day after surgery to check your progress.

You will then be allowed to shower two days after surgery and change the bra as needed. When taking a shower, remove the bra and take off the gauze. The

small white tapes that are under the gauze directly over your incision should be left on. Wash yourself everywhere, including the tapes and your incisions. Use mild soap and pat yourself dry and put the bra back on. You don't need to cover the small white tapes over your incision. This daily routine will help keep the incisions clean, and will promote wound healing.

Do not submerge yourself in a bath, swimming pool, or whirlpool for two weeks.

You will wear the sports bra for a total of two to three weeks after surgery.

The small tape strips covering your incisions. These will remain in place for seven days and will peel off by themselves.

A few patients react to the anesthetic after surgery with nausea and vomiting. This usually lasts less than 24 hours and should be treated with lots of fluids. Dr. Zimmel will prescribe nausea medicine for during your preoperative visit.

The maximum swelling occurs at about three days and then begins to dramatically improve. Mild bruising typically resolves within 14 days.

You should plan to be off work for up to five to seven days, although this can vary from person to person.

Additional Post-Operative Instructions:

No heavy exercise or lifting for three weeks following surgery. This will allow the implants to remain in the proper position without movement. For the first three days following surgery you should try to restrict your arm movements. Move your arms slowly and avoid sudden jerky movements of the chest and breast area. Keep your arms as close to your body as possible. This allows the implants to remain in place.

Dr. Zimmel encourages walking immediately after surgery. This activity will greatly minimize the risk of deep clots in your leg veins.

Do not expose your breasts to the sun for eight weeks after surgery.

Please notify Dr. Zimmel if:

- If your one breast becomes ***significantly larger*** than the other
- If you develop significant bruising across the chest
- If you experience a significant increase in pain in the breast after the pain has improved
- If you develop a temperature above 101.5° F
- If you develop redness (like a sunburn) around your incisions

If you need help or have any questions feel free to call Dr Zimmel with your concerns. Dr. Zimmel is on call 24 hours per day, seven days per week and has an answering service to forward calls.

Breast Massage Following Breast Augmentation

The purpose of these exercises is to keep the scar tissue that forms around implants as soft as possible. By performing these exercises as described, you can help soften the internal scar, minimize the risk of significant capsular contracture and maximize the likelihood of a soft, natural feel and appearance to your breast.

Begin doing the exercises two weeks after surgery. Dr. Zimmel will show you the technique during your second post-operative visit. It is important to remember that slow steady massage is more effective than quick jerky movements. Don't worry about injuring the implant; you cannot cause a rupture with these exercises.

- Press the breasts slowly and maximally inwards (towards your breast bone) and hold for 10 seconds, then release. Repeat four times.
- Press the breasts apart slowly and maximally outwards and hold for 10 seconds, then release. Repeat four times.
- Repeat for downward movement.
- Repeat for upward movement.
- **Perform these exercises four times per day for the first three months.**

The quality of your cosmetic enhancement may be compromised if you fail to return for any scheduled post-op visits, or follow the pre- and post-operative instructions.

Please don't hesitate to report any unusual or concerning changes. Our number is (804) 423-2100.