



Breast Augmentation Post Op Instructions

343

PRESTON STREET
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OTTAWA, ONTARIO
K1S 1N4

T: 613.729.1616

F: 613.729.3838

www.theottawaclinic.com

The Bra -

You are provided with a Bra/Garment to hold your dressings and support your surgery in the optimal position. Wear it every day, use it or a soft cotton sports bra to sleep at night for the first four weeks. Let our office know if the bra is uncomfortable or fits poorly

Nutricosmetics:

GliSODin Advanced Pre & Post Formula is a nutricosmetic designed to prepare the body for cosmetic procedures, enhance recovery time, and address all levels of wound healing. Some of the expected benefits are: helping support connective tissue formation, maintaining immune function, minimizing bruising and swelling, aiding in wound healing, helping maintain healthy skin, and maintaining good health through its powerful antioxidant properties.

Take one sachet of powder and one sachet of capsules daily for 7 days before the procedure and for 7 days post-treatment. Once completed, ask us about GliSODin Skin Brightening Formula.

Incisions -

Tomorrow and Daily

- 1) Remove the outer padding and gauze (yellow or red drainage on the dressing is normal). Keep the tapes on the incisions.
- 2) Shower normally, then pat the tapes dry or blow-dry them.
- 3) If there is drainage cover your incisions with gauze, sanitary napkin or disposable lactation pad. Put your post-op garment back on.
- 4) The tape will fall off in the weeks to come or may be removed by our team.
- 5) Your sutures dissolve on their own.

Do not swim in lakes, pools or use hot tubs for at least 2 weeks
We will recommend when to start your scar reduction products after your first post op visit. It is a good idea to protect scars from the Sun (with clothing or good sunscreen) for at least 12 months to prevent burning and permanent darkening.

Pain -

Mild to moderate.

Well controlled with Tylenol, Ibuprofen or your prescription.

If you have worsening pain not controlled by your medication, please contact us for instructions.



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Swelling and Bruising-

Will peak in 2-3 days, reducing significantly over the first 2 weeks. Your skin will be slightly tight and your breasts more full during this time.

Activities-

Be up and moving around the house on the day of your surgery. Get plenty of rest but take your meals at your usual table, walk to the bathroom etc. In the days that follow, go out for short errands with a responsible adult.

Use your hands and arms for light activities such as hair washing, preparing your meals etc.

Do not raise your arms fully over your head until instructed to do so. Do not exercise your arms or chest with weights or go jogging for 4 weeks.

Stretching

The attached exercise sheet shows some gentle stretching exercises designed to keep your shoulders, back and chest more comfortable. If you wish we'd be happy to refer you to massage and physiotherapy clinics specializing in post breast surgery recovery.

Back to work-

1-4 weeks depending on your occupation and type of physical exertion required.

Driving-

You must be pain free and off all pain medication. Take a licensed adult with you for your first short trip.

The Result-

Your breasts will settle into their more natural position over the next 3 months.

Your incision will fade and soften over the next 18 months.



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Call Our Office with -

- Signs of Infection
 - Pus-like drainage from the incision, grey or green.
 - Redness that spreads beyond the incision.
 - New pain getting worse after 3 or 4 days.
 - Fever, chills, sweats, aches and pains (Flu-like symptoms).
- Signs of blood collection
 - Rapid breast swelling, pain and firmness on one side of your chest
- Questions not addressed by this handout

Special Instructions

Post Op Call –

The nurse assigned to your care will call you the day after your surgery to check in. Please let her know of any questions or concerns.

Schedule Your Follow Up Appointment –

Your appointment has been scheduled for _____.

Please call us at 613-729-1616 to confirm this appointment. You may also contact us with any concerns.

For after hours emergencies -

Call the Queensway Carleton Hospital at 613 721 2000 and the On-Call Plastic Surgeon will be paged.