



At-Home Instructions

Breast Enlargement

The following instructions will help you know what to expect in the days following your surgery. Do not, however, hesitate to call our office at 216-292-6800 if you have any questions or concerns.

General Instructions

- Sleep in a flexed position with your head and shoulders elevated. Sleep on your back to keep pressure off the breasts. Keep pillows under your knees for the first few days.
- Driving is prohibited for 1 week, or until off of pain medication.
- Avoid heavy lifting (no more than 5 pounds) and vigorous use of arms for the first 4 weeks after surgery.
- Smoking is prohibited at least 6 weeks before and until you are completely healed, and until instructed by the doctor.

Diet

- Resume normal diet as tolerated.

Special Instructions

Follow these instructions for **3-4 BEFORE your surgery** and for another **2 weeks AFTER surgery**.

- There is absolutely NO driving while on pain medication or Valium® (see medicine list given to you with your pre-operative paperwork).

Do NOT take the following products:

- Aspirin/low-dose aspirin
- Ibuprofen (Advil®, Motrin®)
- Naprosyn or Naproxen (Aleve®)
- Vitamin E (even small amounts in mutli-vitamins)
- Herbals, homeopathic medicines, or green tea
- Protein Supplements (shakes, energy drinks)
- Growth hormone
- Diet pills (Meridia®, Metabolife®, etc.

Tylenol containing product (acetaminophen) are safe to take. If you are unsure about what products to take or avoid, call the office at 216-292-6800.

Pain Control/Medications

- You will receive a prescription for pain medication that can be taken as directed, if needed for pain control. Valium may be prescribed to prevent muscle spasams.
- The pain medication may cause constipation and does impair you ability to drive or make important decisions (have over the counter Colace or laxative on hand).
- Use cold packs to breasts for comfort from swelling.
- An antibiotic will be prescribed to prevent infection. Please finish the entire prescription.

Wound Care

- You will have some swelling or bruising of the breasts. This is normal. Softening will take place over a period of months. One side may be more swollen than the opposite breast. Your breasts may also appear slightly higher on your chest; this is due to swelling. Don not be concerned with the size and position of implants because of the swelling.
- You may notice a change in sensation or numbness of the nipple or breast skin, secondary to swelling. This is common after surgery and should improve gradually over time. It is not unusual to have less sensation on one side compared to the other.
- You may shower in 24 hours after surgery. Tub bathing is not permitted. The foam tape that is on your upper part of your breasts is there to help hold the implant in place. The tape can get wet in the shower. It will most likely stay on until your first post-op visit in 1 week, but if it should come off, there is no need to worry.
- The incisions on your breasts may be red for 3-6 months. The color will begin to fade.
- A surgical bra should be worn 24 hours a day, except in the shower for 4 weeks. The bra should not be tight, have under wires, or have strong elastic. Adjust the straps and apply a

padding if it is uncomfortable or pressing too hard on the incisions. The bra should fit loosely. The doctor will advise on the type of bra for weeks 2-4.

- Drainage can also occur from the drain sites and incision sites and will be yello-pink in color.

Follow-up with your post-operative visit scheduled 1 week after your procedure. At this time, we will remove some of your stitches and give you further post-op instructions.

Call the office at the first sign of:

- Excessive pain associated with pressure of the breast.
- One breast swelling by several cup sizes.
- Bleeding at the incision.
- Redness, drainage or odor from the incisions.
- Fever or chills.
- Shortness of breath.
- Any reaction from prescribed medication (Example: nausea with vomiting, hives or swelling).

Do not hesitate to call if you have questions or concerns!

The office of Mark A. Foglietti, D.O., FACOS and Alanna F. Fostyk, D.O.
216-292-6800

Please call with any questions.