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Breast Augmentation Aftercare Instructions

- After surgery, your breasts will feel tender and swollen. The nipples may be very sensitive: this is normal and will subside over the next few weeks. Sometimes one breast may be more swollen than the other due to existing scar tissue or other factors. This typically resolves a few weeks after surgery.
- It is important to get out of bed early and often after your surgery to prevent postoperative problems. Please take deep breaths frequently to keep your lungs clear (15-20 per hour).
- A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or Jell-O. You may start a regular diet the next day.
- Please take the pain medication (Percocet) only if you have pain. Take it with crackers, Jell-O, etc. You should need it the first 2-3 days after surgery every 3-4 hours. You can also take acetaminophen (Tylenol) to manage discomfort. If taking acetaminophen, take no more than 4000 mg in a day. Remember that there are 325 mg of acetaminophen in each Percocet, so include that in your calculation.
- Take your antibiotics as directed for one week after surgery.
- You will have a surgical tape over your incisions. This will protect the incision for 3 weeks. You can shower with the surgical tape in place. Do not peel off the tape. It is helping you develop a thin scar. It will loosen and peel off as the adhesive degrades.
- After the adhesive is removed, one tube of Biocorneum® scar gel will be provided to maximize wound healing beginning at week 3. This is to be applied twice daily to the scar for 3 months. This product fades the scar, and is soothing to the healing area.
- After surgery you will have an ace wrap on your breasts. You can remove this the next morning, and shower that day. You may wear a camisole, sports bra, or no bra after surgery. Dr. Camp will advise you when you may wear an underwire bra (usually 6 weeks after surgery.)
- Strenuous activities and exercises are to be avoided until 3 weeks after surgery. (Heart rate should stay below 100 beats per minute.) You may gradually resume normal daily activities after 48 hours being careful to avoid any activity that causes pain or discomfort.
- Driving may be resumed when a sharp turn of the steering wheel will not cause pain; this is usually within 5-7 days.

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Please note

If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please contact our office. 612-424-2767 scheduling@echelonspecialists.com

If you develop a fever (oral temperature greater than 100°), redness and/or increased pain at the surgical incision sites or one breast is significantly more swollen than the other, please text Dr. Camp immediately.

If you have dental work or major surgery, please notify the office so Dr Camp can prescribe a pre-operative medication to protect your implants from possible infection. (Note: your dentist may also prescribe these for you prior to your visit.)

It is important to be seen by Dr. Camp after your initial post-op checks. We will schedule your first post-op appointment for you at 3 weeks. After that you may schedule your follow-ups as advised.

IF YOU HAVE ANY URGENT QUESTIONS, SUCH AS A CONCERN ABOUT INFECTION or FLUID COLLECTION, PLEASE TEXT DR. CAMP 612-208-4179

If you have general questions about recovery or post-op appointments, please call or text our office at 612-424-2767 or scheduling@echelonspecialists.com.