



Breast Augmentation and Breast Lift Post-Operative Instructions

THE FOLLOWING INSTRUCTIONS SHOULD BE READ CAREFULLY BY YOU AND THE PERSON OR PERSONS WHO WILL BE CARING FOR YOU DURING THE FIRST 48 HOURS FOLLOWING SURGERY.

- Upon arriving home, go to bed immediately.
- For the first 3 days, sleep on your back, with your head elevated on two pillows. You may then sleep on your side as tolerated.
- **DO NOT TAKE ASPIRIN OR ASPIRIN-CONTAINING PRODUCTS** (such as ADVIL, BUFFERIN, ANACIN, EXCEDRIN, ETC.)
Aspirin interferes with normal blood clotting. If you have any doubts about a product, please check with your pharmacist.
- Take pain pills **ONLY AS NECESSARY** for discomfort, as directed.
- Take antibiotic as directed until all pills are gone.
- You may raise your arms gently and slowly over your head.
- No driving a car for the first 72 to 96 hours (3 to 4 days).
- A surgical bra or pressure band will be furnished at the time of surgery. It should be worn at all times until Dr. Kreul allows you to remove it. This includes during sleep.
- You may sleep without a bra or band 2 weeks after surgery, but must wear it throughout the day for an additional 2 weeks.
- You may try to sleep on your stomach 2 weeks after surgery.
- No heavy lifting or pushing. After 2 weeks, you will be able to resume normal activities, including walking or aerobics, with the exception of sports that require rigorous use of the upper body (ie: golf, tennis, swimming, upper body weights). These may be resumed 4 weeks after surgery.
- You may resume your regular daily activities immediately. You can eat whatever you want, feed yourself, comb your hair and brush your teeth.
- The first day after surgery, the bra/band may be removed and you may shower. The tapes overlying the incision should remain in place until removed by Dr. Kreul; pat them dry.
- **DO NOT** expose your incision (scar) to sun or tanning rays of any kind, until the scar has matured and become a fine white scar. Exposure to sun or tanning rays before the scar matures could intensify the pigment of the scar and cause permanent discoloration.
- If there are any questions or doubts, please call our office anytime at **541 / 773 / 6700**.
- You will be called within the first 24 hours after surgery by Dr. Kreul or his staff.

Important Post-Operative Instructions

With any surgical procedure, there is the remote possibility of developing phlebitis or blood clots, which can travel to other areas of the body. If this phenomenon occurs, it could require hospitalization and/or prolonged anti-coagulation therapy. In very rare instances, it can be fatal.

IT IS RECOMMENDED THAT YOU TAKE THE FOLLOWING PRECAUTIONS AFTER SURGERY:

1. Drink a lot of fluids for several weeks following your surgery. It is very important that you **STAY HYDRATED**.
2. Get out of bed periodically and take short walks around the house. This will help to keep the blood circulating in your legs.
3. When lying in bed, raise and lower your feet frequently to keep the leg muscles working and blood flowing through your body.
4. If you drive or are a passenger in a vehicle, move your feet up and down frequently and drink plenty of fluids.

NOTE - THE PATIENT MUST HAVE A RESPONSIBLE ADULT PRESENT FOR THE FIRST 24 HOURS AFTER SURGERY.

