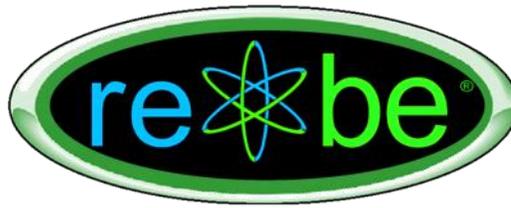


re*be Skin & Vein Clinic
P.O. Box 125
1008 East View Ave. Unit 8
Okoboji, Iowa 51355



(712) 332-6001
(712) 332-LIPO
(712) 332-6010 fax

Breast Augmentation: After Care

Post-Operative Instructions:

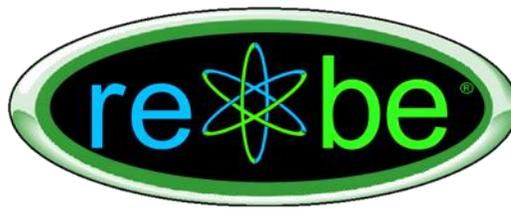
DO NOT drive or operate heavy equipment for 4-5 days dependent on your pain level
DO NOT drive or operate heavy equipment while taking prescription pain medication
DO NOT drink alcohol for 48 hours
DO NOT lift heavy objects. Avoid arm raising for 2 weeks post –operatively
DO NOT apply hydrogen peroxide or plastic Band-Aids to any of the incision sites
DO NOT get your dressing wet for 5-7 days. You may sponge bathe and have someone wash your hair
DO NOT engage in vigorous physical activity for 4 weeks

DO wear loose fitting clothing for the first postoperative days
Do apply ice to the breast area 4 – 6 times per day for 20 minutes at a time. Do not apply directly to skin!
DO return for a follow-up appointment 24-48 hours postoperative
DO call immediately if any severe pain or excessive swelling develops.
DO wear your surgi-bra 24 hours a day for two weeks.
DO sleep only on your back. Use support pillows on each side to cushion yourself.
DO start special breast massage 1-2 weeks following surgery. This should be done for 5 minutes, 3 times a day for the lifetime of your implants.

Your need for pain medication should be minimal. We recommend trying over the counter Tylenol® for any discomfort. Ibuprofen based over the counter medication should be avoided.

-
- 1. Going Home:** You should not drive yourself home. It is required that a responsible adult be with you on the day of surgery to drive you home after your discharge from re*be.
Diet: Resume your usual diet immediately. Drink adequate amounts of water, fruit juices or soft drinks to prevent dehydration. **DO NOT drink alcohol** 48 hours before or after surgery.
 - 2. Activities:** Quiet rest is recommended immediately after surgery. After surgery do not drive or operate hazardous machinery the rest of the day. Do not make any important personal decisions for 24 hours after surgery. You may carefully resume exercise and vigorous physical activity within four weeks after surgery, depending on your recovery speed and pain tolerance. **Avoid Heavy Lifting.** Strict adherence to restrictions and limitations imposed on driving, operating machinery, and engaging in risk adverse activities while taking certain prescription medications such as narcotic analgesics must be done in accordance with pharmacy labels on medication usage.
 - 3. Post-Op Surgical Garments:** After surgery you will be sent home wearing a surgical bra. After two weeks, you may remove it to sleep, shower, etc. Avoid any underwire bras for one year. It is advisable to continue to wear a bra daily in order to support the weight of the new breasts. You may extend surgi-bra or sports bra wear longer to encourage optimal support.

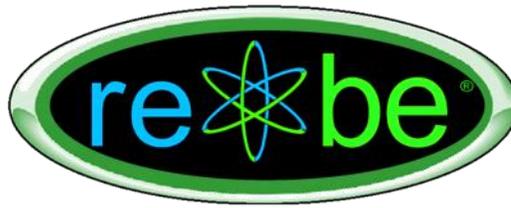
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4. **Wound Care & Bathing:** Keep the suture areas clean. Change your dressing the morning after surgery. Do not get your incisions wet for 5-7 days after surgery. You may sponge bathe and have someone wash your hair for you. **Take the full course of prescribed prophylactic antibiotics as directed until the prescription is finished.** Take antibiotics with food to minimize GI upset. Call our office if you notice signs of infection such as fever, foul smelling drainage, focal redness, swelling, or increasing pain in one of the treatment areas.
- **DO NOT apply an ice-pack or a heating pad** directly to the skin treatment area for at least 4 weeks following the procedure. Use only a cold pack over your bra.
 - **DO NOT apply hydrogen peroxide or plastic Band-Aids** to any of the incision sites.
 - **DO NOT soak in a bath, Jacuzzi, swimming pool, or body of water** for 14 days following surgery.
5. **Schedule Follow-Up Appointments** at our re*be office at intervals specified by your cosmetic surgeon following your Breast Augmentation. You are welcome to return to our office for follow-up visits at no charge to you. Please contact us by telephone if you have any urgent questions or concerns.
RONALD J. KOLEGRAFF, MD CELL PHONE: (319) 331-8733

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POST-OP INSTRUCTIONS FOR Breast Augmentation

Please read the instructions completely and follow them carefully:

Pain medication should be needed minimally if at all. We recommend trying over the counter Tylenol® for any uncomfortable pain. Stronger ibuprofen based over the counter medication can be tried if Tylenol® is not adequate or does not work for you, however especially in the first three days after the procedure ibuprofen can lead to increased bruising.

DO NOT drive or operate heavy equipment for 4-5 days dependent on your pain level

DO NOT drive or operate heavy equipment while taking prescription pain medication

DO NOT drink alcohol for 48 hours

DO NOT lift heavy objects. Avoid arm raising for 2 weeks post –operatively.

DO NOT apply hydrogen peroxide or plastic Band-Aids to any of the incision sites

DO NOT get your dressing wet for 5-7 days. You may sponge bathe and have someone wash your hair

DO NOT engage in vigorous physical activity for 4 weeks

DO wear loose fitting clothing for the first postoperative days

Do apply ice to the breast area 4 – 6 times per day for 20 minutes at a time. Do not apply directly to skin!

DO return for a follow-up appointment 24-48 hours postoperative

DO call immediately if any severe pain or excessive swelling develops.

DO wear your surgi-bra 24 hours a day for two weeks.

DO sleep only on your back. Use support pillows on each side to cushion yourself.

DO start special breast massage 1-2 weeks following surgery. This should be done for 5 minutes, 3 times a day for the lifetime of your implants.

I AGREE WITH THESE POST OPERATION INSTRUCTIONS:

Patient Signature

Date

Responsible Party

Date

Witness Signature

Date