Instructions for Patients Going Home

Do not drive a car or drink alcohol for 24 hours.

What is Breast Augmentation?
Breast Augmentation is a procedure where a saline (water and salt) filled sac is placed underneath the breast tissue.

What is Breast Reduction?
Breast Reduction is a procedure where breast tissue is removed to decrease the size of the breasts.

What can you eat and drink after your operation?
- You can go back to eating and drinking what you normally would right away.
- If you are feeling nauseated (sick to your stomach), you can buy anti-nausea medication at the pharmacy.
- Take the anti-nausea medication as directed and continue drinking fluids until the nausea passes. Then gradually return to your normal diet.

How much activity is safe?
- Go home and rest today.
- You can begin light activities 24 hours after your surgery, but should avoid these activities:
  - lifting more than a few pounds
  - reaching above your head
  - heavy pushing or pulling
• It is important that you move your fingers and arms as you would normally, except:
  - Avoid strenuous activities such as aerobics, jogging, swimming or weight lifting for about the first 2 weeks.
  - Do not carry groceries, children or pets for about the first week.
• Your surgeon will tell you when you can go back to work and doing sports.

How to take care of your dressing (bandage) and wound

• If your surgeon has arranged Home Care, it should begin as planned by your Home Care Nurse the day after your surgery.
• They will take care of your dressing and drains.
• The Home Care Nurse will remove the Jackson Pratt Drain when the amount of blood has decreased.
• The Home Care Nurse will remove the absorbent pad and gauze the day after your surgery.
• Do not remove the steri-strips. The strips should remain in place for 7 days and then you can remove them. If they begin to peel off before 7 days, this is OK. Remove the ones that are coming loose and throw them away.
• Replace the absorbent pad once or twice a day until all the drainage has stopped - usually drainage will continue for at least a few days. You may use gauze, disposable nursing pads, or Maxi pads over the incisions, then a regular bra.
• Wear a soft clean bra that does not have under wires.

When can I shower or take a bath?

• You can shower 72 hours (3 days) after your operation. It is best to shower after your drains have been removed.
• Do not take tub baths or swim until the wounds have healed (usually after 10 days).
• After you have showered, pat the area dry with a clean towel.
• Keep the wounds clean and dry at all times.
• Wear a clean bra at all times.
How to cope with your pain

- It is normal to have pain after this operation. The pain should get better with time.
- We will give you a prescription for pain medication. Take it to a pharmacy to get it filled and follow the directions for taking the medication.
- As the pain becomes less, you can take 1 to 2 tablets of Extra Strength Tylenol every 4 to 6 hours.
- Pain medication can make you constipated. To prevent constipation, drink lots of fluids (3 to 5 glasses of water every day. Each glass should be about 8 oz.). Eat foods that are high in bulk (bran and fruit, for example). If you have not had a bowel movement for 72 hours, take 30ml of Milk of Magnesia. You can get this from your pharmacy without a prescription.

Problems to watch for

Call your surgeon, or call (416) 340-3155 and ask to speak to the Plastic Surgery Resident or go to the nearest hospital emergency department if the following happens:

1. Abnormal bleeding:
   - Excessive bleeding from the wound (which soak the pads or dressings)
   - One breast becoming larger, firmer, and more tender than the other

2. Signs of infection:
   - Increasing redness, pain, and swelling of the breast
   - A fever (temperature above 38ºC)
   - Yellowish, foul-smelling fluid coming from the incision

3. Severe pain or nausea:
   - Severe pain that does not improve with the pain medication
   - Nausea and/or vomiting that does not improve with anti-nausea medication
Follow Up Appointment:
If you don't already have a follow-up appointment, please call your surgeon's office to make one.

Your appointment should be 10 to 14 days after your operation.

Doctor: ____________________________________________
Date: _________________________ Time: ______________
Location: _________________________________________
Phone No: ________________________________________

Special Instructions for you:
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

For more information visit our website at: www.uhn.ca