



# Restifo Plastic Surgery

PLASTIC & RECONSTRUCTIVE SURGERY

Richard J. Restifo, MD Amanda Paradiso, PA-C

P:203.772.1444 F: 203.907.0503

## Breast Augmentation Postoperative Instructions

- ◆ Please call our office at 203.772.1444 to schedule a postoperative visit if you have not already done so.
- ◆ Keep breast dressings in place until you are seen in the office. Do not get dressings wet. Tub or sponge-bathe only. You will be able to shower after dressings are removed.
- ◆ You have been prescribed the following medications:
  - \_\_\_\_\_. Take \_\_\_\_\_ tablet(s) by mouth every \_\_\_\_\_ hours as needed for ***pain***.
  - \_\_\_\_\_. Take \_\_\_\_\_ tablet(s) by mouth every \_\_\_\_\_ hours as needed for ***muscle spasm***.
  - \_\_\_\_\_. Take \_\_\_\_\_ tablet(s) by mouth every \_\_\_\_\_ hours as needed for ***nausea***.
  - \_\_\_\_\_. Take \_\_\_\_\_ tablet(s) by mouth \_\_\_\_\_ times a day until finished. ***This is your antibiotic.***
- ◆ You may resume a regular diet as tolerated. It is important to drink plenty of fluids.
- ◆ Take Colace 100 mg two times daily in order to prevent constipation resulting from use of pain medication. This can be purchased over the counter at your local pharmacy. If you do not have a bowel movement within 2-3 days of your surgery you may take milk of magnesia.
- ◆ Avoid Aspirin, Ibuprofen, Advil, Motrin, Naprosyn, Aleve, Celebrex, Excedrin, Fish Oil and Vitamin E for one week following surgery.
- ◆ ***We encourage you to walk as early as the day of surgery for at least 10 minutes every hour.*** You may ride a stationary bike 2-3 weeks after surgery. No high impact aerobic exercise or upper body workout for 6 weeks. No heavy lifting > 5 pounds, pulling, or pushing for one month.
- ◆ No driving for a ***minimum*** of two weeks.
- ◆ Bring a sports bra (preferably front closure) to your first postoperative visit. You will need to wear one for 6 weeks after surgery.
- ◆ We recommend the use of silicone sheeting for scar therapy. This product can be purchased at CVS pharmacy. You will start using this or any type of scar therapy approximately 2 weeks after surgery.
- ◆ You will start daily implant massage 2 weeks after surgery. This helps to prevent capsular contracture. We will teach you how to do this during your post-op visits.

Other: \_\_\_\_\_

**If you have any questions, please call us at (203) 772-1444.  
200 South Orange Center Road, Orange, CT 06477**