

Care After Breast Implants



You had a procedure called breast augmentation (enlargement). It's also known as augmentation mammoplasty. This surgery enhances the size and shape of a woman's breasts. Women choose breast augmentation to:

- Enlarge breast size
- Correct a reduction in breast size after pregnancy
- Balance a difference in breast size
- Reconstruct the breast after breast surgery or mastectomy.

Here's what you need to do after this procedure:

Recovery and activity after surgery

- Don't raise your arms above breast level until your surgeon or healthcare provider says it's OK. This prevents the implants from shifting.
- Don't lift, push, or pull anything heavier than 10 pounds for at least 5 to 7 days or as directed by your surgeon.
- Sleep on your back. Use pillows to keep the upper part of your body raised (elevated).
- Don't drive until your surgeon says it's OK.
- Don't smoke after surgery. Smoking reduces the blood flow in the skin and nipples and increases the risk of wound healing problems. Nicotine from any source (cigarettes, e-cigarettes, patches, chewing tobacco) slows healing.

Other home care

- If you smoke, get help to quit. Join a stop-smoking program to improve your chances of success.
- Be aware that breast swelling may last for 3 to 5 weeks. Talk with your surgeon about ways to manage the swelling. The implant position and appearance may change slightly as you heal. Follow directions as given.
- Wear the special bra or bandage you were given before discharge as directed by your surgeon. Expect to wear the bra or wrap 24 hours a day for about 3 to 4 weeks or as directed. You may remove it when you shower, starting 3 days after your surgery, or as directed.
- Gently wash your incision site. Pat the incision dry. Don't apply lotions, oils, or creams.
- Don't submerge your incision in a tub bath until it's completely closed. Doing so may introduce bacteria and cause an infection. Your surgeon will give you more directions about bathing.
- You will have a dressing over your incisions. Ask your surgeon how to care for your dressing. Your stitches may dissolve on their own. Or they may be removed at a follow-up appointment. If you have small white adhesive strips at your incision sites, don't remove them. They will come off on their own.
- Make an appointment to have your stitches or staples removed in 7 to 10 days, if needed.
- Take your medicine exactly as directed.

Follow-up

Make a follow-up appointment with your surgeon or healthcare provider, or as advised.

Call 911

Call 911 right away if any of these occur:

- Trouble breathing
- Sudden shortness of breath or shortness of breath over time that gets worse
- Sudden chest pain

When to call your healthcare provider

Call your healthcare provider if any of these occur:

- Fever of 100.4°F (38°C) or higher, or as advised by your provider
- Chills
- Bleeding or fluid leaking through the special bra or bandage
- Pain that is not relieved by prescribed pain medicine; increasing pain, with or without activity
- More soreness, swelling, or bruising on 1 breast than the other
- Redness, or breasts that feel warm to the touch
- Any rapid swelling in 1 area or breast

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