



Post-Operative Instructions – Daily Dressing Changes After Breast Augmentation

To help your incisions heal properly and reduce the risk of infection, please follow the steps below for your daily dressing changes.

Items You Will Need

- Clean gauze pads 4"x4" or 8"x4" (non-stick if possible) and 2"x2" if there are small drain sites or smaller openings
- Medical tape or paper tape
- Sterile saline or gentle cleanser (as directed by Dr. Ledding)
- Alcohol-based hand sanitizer
- Small scissors (for cutting tape, if needed)
- Optional: clean cotton swabs or sterile gloves

Dressing Change Instructions

1. **Wash your hands thoroughly** with soap and water, or use hand sanitizer if soap and water are not available
2. **Gently remove the old dressing.** If it sticks, moisten it with saline to avoid pulling on the incision.
3. **Inspect the incision sites** for signs of redness, swelling, drainage, or odor. If you notice any of these, please contact our office.
4. **Clean the area** lightly with saline or as instructed by Dr. Ledding. Do not scrub.
5. **Allow the area to air dry** for a few moments before applying new dressings.
6. **Place a new gauze pads** over the incision, ensuring the area is covered completely.
7. **Secure with tape**, keeping it snug but not tight to avoid irritation.
8. **Repeat this process once daily** (or more often if dressings become damp or soiled)

Additions Tips

- Always keep the area clean and dry
- Do not apply lotions, ointments or creams unless instructed.
- Avoid submerging incisions in water (no baths, pools, or hot tubs) until cleared by Dr. Ledding.
- Wear a clean, supportive surgical bra.



Ledding Plastic Surgery

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Dr. Ledding
cosmetic and surgical – reconstructive

If you have any concerns or notice increased pain, redness, swelling, or discharge, please contact our office right away.

If you have any questions, please contact our office at 306-780-3650. We'd be happy to assist you.

Your Patient Care Team!



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