

Post-Treatment Instructions – Breast Augmentation

Aftercare & Recovery

Dr. Ledding will discuss how long it will be before you can return to your normal level of activity and work. After surgery, you and your caregiver will receive detailed instructions about your post-op care, including information about:

- Drains, if they have been placed
- Normal symptoms you will experience
- Potential signs of complication

Immediately After Breast Augmentation Surgery

After your Breast Augmentation procedure, you will be placed in a surgical dressing that can include a support bra or garment.

Breast Augmentation surgery stretches the breast tissue and can be painful—especially when implants have been placed under the chest muscle. Typically, the most pain is experienced within the first 48 hours after Breast Augmentation surgery. Your level of pain will typically decrease each day and should be effectively treated with oral pain medications.

Your breasts may feel tight and sensitive to the touch and your skin may feel warm or itchy. Some discoloration and swelling will occur initially, but this will disappear quickly. Most residual swelling will resolve within six weeks.

Breast Augmentation Recovery Time Frame

You should be able to walk without assistance immediately after Breast Augmentation surgery. It is very important that you walk a few minutes every few hours to reduce the risk of blood clot formation in your legs.

It is vitally important that you follow all patient care instructions provided by Dr. Ledding. This will include information about wearing compression garments, care of your drains, taking an antibiotic if prescribed and the level and type of activity that is safe. Dr. Ledding will also provide detailed instructions about the normal symptoms you will experience, how to care for areas of incision, and any potential signs of complications. It is important to realize that the amount of time it takes for recovery varies greatly among individuals.



Ledding Plastic Surgery

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Week 1

- Preferably sleep on your back. Do not lie on your chest.
- For two to five days, you may feel stiff and sore in your chest region.
- Any surgical dressings will be removed within several days, and then will require daily changes. You will be instructed to wear a support bra.
- You can shower 48 hours after surgery.
- Do not soak our surgical sites – no pools, hot tubs, or lake water for 6 weeks and all wounds closed.
- You will have dissolvable sutures, Dr. Ledding will use tissue glue that will fall off on its own.
- You may be able to return to work within a two to six weeks, depending on the nature of your job.
- For six weeks you should refrain from lifting, pulling or pushing anything over 10lbs, avoid impact or bouncy activities, and also avoid reaching and stretching through arms and chest.
- Your compression garment should be worn day and night (with the exception of showering or bathing) for anywhere between one to six weeks or until Dr. Ledding's clearance. The exact timeframe will vary depending on your body. Because it is important to keep your garment clean to prevent infection, it is fine to periodically remove your garment for cleaning. However, the goal should be to wear it as consistently as possible to promote the best possible results.

Week 6

Begin to massage your incision with Cyto Derma. You can purchase Cyto Derma from our clinic.

Long-term

Dr. Ledding will encourage you to schedule routine mammograms at the frequency recommended for your age group. Following Breast Augmentation, you should continue to perform breast self-examination.

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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