

ORANGE COUNTY PLASTIC SURGERY
4501 Birch Street
Newport Beach, CA 92660
949-888-9700

POST-OPERATIVE INSTRUCTIONS FOR BREAST AUGMENTATION

On your day of surgery you can expect to feel sleepy; this may continue the following day. There may be severe feeling of tightness and discomfort throughout the chest area, perhaps radiating into your arms or back area, for which pain medication will be prescribed. Most patients will have more discomfort the day after the surgery. Each day thereafter, you will notice an improvement, and should take less pain medication.

Please remember that no two sides ever heal the same after an operation and that this is normal. Major discrepancies, however, should be reported to your surgeon. Please follow the instructions below to minimize complications.

1. Keep ice bags applied to your chest on the day of your surgery and perhaps the day after, as this will help ease the discomfort.
2. If the underarm incision has been used, you may remove the Ace bandage or circumferential chest wrap on the second day after surgery and begin to shower. Do not reapply the wrap after your shower unless instructed to do so by your surgeon. The wrap should be applied to the top half of the breasts in an effort to keep the implants as low as possible during the initial healing phase.
3. If the underarm incision has been used, the suture line will be covered with a clear plastic dressing. Please remove this plastic sheet while showering on the day of your first post-operative visit – usually six to seven days after your operation.
4. If your incisions are placed around the nipple or under the breast fold, you will most likely have a light wrap placed around your chest at the end of your operation. Leave this wrap and your dressing in place until your first office visit. On the second day after surgery day you should begin lightly massaging the breasts (i.e. moving the implants up, down, in and out as instructed by Dr. Bunkis) but do not shower until returning to see the doctor (usually, four to six days after your operation). Keep all gauze dressings that were placed over your incisions dry and intact.
5. A small percentage of patients experience nausea after any operation. This may be due to your pain medication or antibiotics. Please let us know if this persists and we will ask you to stop taking some of these medications, and if necessary, change your prescriptions.
6. During your final pre-operative visit, you will be given prescriptions for pain medication and antibiotics. The antibiotic tablets are to be taken on a daily basis, beginning on the day following your surgery. To minimize the possibility of nausea, always take these antibiotics or the pain pills on a full stomach.,
7. Do not do anything which increases your discomfort level prior to your first office visit after the operation. To avoid unnecessary swelling or bleeding, do not bend over, strain, exercise or do any other activities that could increase pressure in your chest during the first week. It is very unusual for bleeding problems to develop after the first week. You will be encouraged to resume your normal activities after the first office visit. You will

also be encouraged to continue your massages after the first visit. The best rule of thumb is to avoid any activity which increases your discomfort, and to enjoy those that do not!

8. Sexual intercourse, and all other vigorous physical activity, may resume one week after surgery or anytime thereafter, as long as you are physically comfortable.
9. You may drive a car with caution wearing a seat belt beginning 48 hours after your last pain pill or sedative. Do not drive after taking pain pills or other sedatives.
10. It is preferable that you sleep on your back initially after surgery. You may resume sleeping on your sides or stomach whenever you are comfortable doing so. During the first month, Dr. Bunkis would prefer that you do not wear a brassiere and that you massage your implants frequently, in order to keep the pockets large. A good rule of thumb is to massage your implants each time you have to go to the bathroom – that way you will not forget, and will have another activity to remind you to massage your breasts, half a dozen times each day. After the first month, all patients may use their own discretion regarding a brassiere. Do not wear a push-up bra or any with pressure wires, during the initial healing phases, as the wires could impair healing of the scar on the under surfaces of your breasts or help displace your implants upward. You may occasionally wear such a bra for a special dress or evening, but do not routinely wear this type of bra, until the incisions have healed. Thereafter, you may wear any bra that you wish.
11. Recovery rates vary from person to person, depending to a large degree on patient motivation. Most patients feel well enough to drive a car and perform deskwork between four and seven days after surgery. Aerobic instructors may resume teaching fourteen to twenty one days after surgery, but everyone feels some discomfort related to the surgery for weeks or months to come. The best rule is to avoid activities that cause significant discomfort and to enjoy those that do not.
12. Resume examining your own breasts within a month of your procedure and have your gynecologist do a routine breast examination every six or twelve months. Also return to see your surgeon at least annually for a breast examination as a plastic surgeon can best determine any implant related problems in an augmented breast. Mammograms must be ordered by your gynecologist or personal physician. We request that copies of your mammography report be forwarded to our office as well as to your gynecologist's or personal physician's office. Generally a baseline mammogram is suggested at age 35, an annual mammogram for women after the age of 40, but earlier or more frequent mammograms may be recommended by your personal physician.

Please feel free to contact our office regarding any other questions or problems you may encounter.

If you have any questions or concerns please call the office at (949) 888-9700, after hours call Dr. Bunkis cell at 949-413-8888.

() BY CHECKING THIS BOX I, OR MY CARETAKER, ACKNOWLEDGES THAT I HAVE RECEIVED AFTER CARE INSTRUCTIONS AND THEY HAVE BEEN FULLY EXPLAINED TO ME.

<div style="background-color: yellow; width: 150px; height: 1.2em; margin-bottom: 2px;"></div> Patient or Caretaker Signature	<div style="background-color: yellow; width: 80px; height: 1.2em; margin-bottom: 2px;"></div> Date/Time	<div style="border-bottom: 1px solid black; width: 150px; height: 1.2em; margin-bottom: 2px;"></div> Physicians Signature	<div style="border-bottom: 1px solid black; width: 80px; height: 1.2em; margin-bottom: 2px;"></div> Date/Time
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