

# Newport Center for Special Surgery

## Tell me about breast augmentation recovery

---



When you get home from the surgery center after your breast implant surgery, you have work to do. First, it is important to take it easy. During the first few days after your breast implant surgery, you should not move your arms much, it is best to keep them at your side. You will be pretty sore for a couple of days, and a bit sore for a couple weeks to move your arms if you had breast implants under the muscle. While rest is good, you do need to get around. Most surgeons ask you to walk at least 5 minutes every hour as a minimum to reduce the risk of blood clots in your calves from lying still too much after surgery. They also have you cough once every 15 minutes for several hours after surgery to open the lungs, as you will feel a heavy weight on your chest from the weight of the breast implants. Don't worry, just like you do after putting on new boots, you will get used to the weight, it just takes some time. You will find that walking and sitting up when sleeping helps take the weight off the chest. It is important to keep ice on the area as your surgeon instructs. Ice reduces swelling and helps reduce pain after breast implant surgery.

### **When do I eat after breast implant surgery?**

You can eat when you are hungry after breast augmentation. Take it easy though, as nausea is common after breast surgery due in part to the pain medications and anesthesia. The B.R.A.T.S diet is a good place to start when you are hungry, Bananas, Rice, Applesauce, Toast, Soup. Drink water, sports drinks, fruit juice, but no alcohol, and milk is usually not a good idea. If these go OK, then advance your diet as you think you can.

### **Post op medications**

Your surgeon will prescribe medications for after breast implant surgery. Usually you will have a narcotic pain reliever to take as needed. We find that many women do not need many or even any pain pills if they walk and don't use their arms much. The numbing medicine the surgeon places in the breast area during surgery really helps. If you need pain medicine, it is fine to take it. Narcotic pain medicines can cause nausea, constipation, itchiness, and sleepiness. Over the counter stimulant laxatives with Senna in them do well for constipation. Do not take any other sedatives such as sleeping pills with narcotic pain relievers without first talking with your doctor. If you have nausea, ask your surgeon for an antidote. Do not take aspirin, ibuprofen products after surgery until approved by your breast surgeon, as they can increase the risk of internal bleeding, which can be serious. Generally, acetaminophen (Tylenol) is OK, but do not take it with your pain medicine, as many common narcotic pain medicines such as Vicodin and Percocet already have acetaminophen in them, and you could potentially overdose and cause liver damage.

### **Keep the dressing clean**

Avoid touching the bandages. Don't get the breast augmentation incision or dressing wet until OK by your surgeon, as tap water is full of germs that could lead to a wound infection. Keep kids, dogs and cats, sick people away from you, as their germs could become your germs, and give you an infection. Avoid sex until the surgeon gives the OK, it could disrupt the healing process and cause bleeding and affect your result.

**Will I have stitches that need to be taken out after my breast implant surgery?** In some cases yes, and others no, but this is up to each individual surgeon. Your surgeon will usually see you within a week after breast implant surgery.

Learn more about us: Just go to [www.specialsurgery.com](http://www.specialsurgery.com)

The information on this website is not intended to be a substitute for professional medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting with your surgeon or a qualified healthcare provider. Please consult your healthcare provider with any questions or concerns you may have regarding your condition.