



Breast Augmentation with Implants: Post-Operative Instructions

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Your personalized recovery guide

Nursing phone number: 437-494-3536

Outside of business hours, texting is available on the nursing line. For emergencies, please go to your nearest emergency room.

Overview

These instructions are designed to help you recover smoothly following your breast augmentation.

Please review them carefully. Every patient heals differently; if anything is unclear, reach out to our team — we're here to guide you through your recovery.

Dressings & Support Garment

- You will leave the clinic with a **supportive surgical bra or wrap** in place. Keep it on **day and night for the first 2 weeks**, removing it only for showering.
- Keep dressings **clean and dry** for the first 3 days. After this, you may shower normally over the waterproof bandages.
- **Do not** submerge your incisions (no baths, pools, or hot tubs) for **4 weeks**.
- **Steri-strips** will loosen on their own; all tape should be removed by your 2-week follow-up.
- Sutures are internal and dissolvable. If a small knot remains visible after 2 weeks, it can be trimmed gently at skin level with clean scissors.

Bra & Compression Wear

- After your initial 2 weeks, you may transition to a **soft, non-underwire bra** that provides gentle support.
- Avoid **underwire bras for 6 weeks** to protect the incision and implant pocket.
- Once cleared by Dr. Jalil, you may resume wearing structured or underwire bras as comfort allows.

Pain Control & Medication

- Mild to moderate discomfort and chest tightness are expected in the first few days.
- Your prescribed regime may include:
 - **Tylenol Extra Strength** – every 6 hours
 - **Celebrex (Celecoxib)** – every 12 hours
 - **Hydromorphone** – as needed, no more often than every 6 hours
- Take Tylenol and Celebrex regularly for baseline relief; use Hydromorphone only if necessary.
- To avoid constipation, use **Colace 200 mg twice daily** and maintain good hydration and a fibre-rich diet.

Aspect

Activity Restrictions

- **Walking** is encouraged beginning the day after surgery to maintain circulation.
- Avoid lifting anything heavier than 5 lbs (2 kg) or raising your elbows above shoulder height for **2 weeks**.
- Do not push, pull, or engage your pectoral muscles during early healing.
- You may resume light activity at **3–4 weeks**, and full exercise (including upper-body workouts) after **6–8 weeks**, once cleared at your follow-up.
- Do not drive until you are off narcotic pain medication and can move comfortably.

Sleeping Position

- Sleep on **your back** with your upper body slightly elevated for the first 2 weeks.
- Avoid side or stomach sleeping until you are comfortable and cleared to do so (usually around 6 weeks).

Showering & Hygiene

- You may shower after 3 days unless instructed otherwise.
- Gently pat the area dry — do not rub the incisions.
- Avoid using lotions or creams on or near incisions until they are fully sealed.

Swelling & Appearance

- Swelling, firmness, and a “high” breast position are normal in the early phase.
- Implants will gradually settle (“**drop and fluff**”) over 6–12 weeks.
- Mild asymmetry between sides is common and improves as swelling subsides.
- Bruising typically resolves within 2 weeks.

Scar Care

- Once steri-strips are off (around 10–14 days), apply your recommended **scar gel** twice daily and begin **gentle circular massage** along incision lines.
- Avoid sun exposure or tanning for **at least 4 months**; use SPF 30+ if the area is exposed.
- If redness or thickening persists beyond 6 weeks, consider silicone sheeting (e.g., Cica-Care or Scar Away).

Possible Sensations

- Temporary **nipple sensitivity or numbness** is common and usually improves over several months.



- You may feel subtle **gurgling or shifting** as the implants settle — this is normal and not a sign of leakage.
- A firm or enlarged breast, significant asymmetry, or sudden swelling should be reported immediately.

When to Contact Us

Please contact **Aspect Plastic Surgery** if you experience:

- Severe or increasing pain not relieved by medication
- Rapid swelling or firmness of one breast
- Redness, heat, or drainage from the incision
- Fever $> 38^{\circ}\text{C}$
- Shortness of breath or chest pain

If urgent and our office is closed, please go to **North York General Hospital Emergency Department** or your nearest emergency facility.
