



Recipe for Success

Welcome to your 24-hour recovery from breast augmentation and lift surgery!



Ingredients

- Plain Benadryl 25 mg or 50 mg strength found over the counter in your local drugstore in the allergy section.
- Someone to stay with you for 24 hours after anesthesia.
- A positive attitude!



Directions

Since your incision is around the areola, you will avoid ice. Even though your recovery may be just as quick as your friends having the 24-hour recovery, you should take it easy for 2-3 days.

Your postoperative instructions will be a little different than you may find in your book or your friends or family may have had.

You will go home with an ace wrap bandage or tape-like wrap over your surgical bra that will stay on until instructed to remove it. At the time given, you may remove the wrap and bra, and then shower. After showering, you will wear the surgical bra only. Do not remove the clear dressings over the incisions.



Recipe for today

1. If you have implants, you will be performing 5 sets of arm exercises every hour while awake for 2-3 days beginning in the recovery room. These are similar to jumping jacks without the leg movements. Keep the arms straight out all the way up and touch the palms of the hands together. The biceps muscles should touch the ears. These exercises will help prevent muscle spasms and pain due to spasms. If you have basting stitches, the doctor may want you to refrain from the arm exercises. Follow the instructions given in the recovery room.
2. We want you to go home and take a 2-hour nap. Avoid sleeping again until bedtime. Follow your post-op instructions for removing the ace bandage and showering. The shower is magic. During the shower, perform a set of arm exercises. The warm water will help relax the muscles and make the exercises easier to perform. Your local (numbing) medicine will last from 6-12 hours.
3. Next, make sure you eat something substantial for dinner. Crackers are simply not enough.
4. If you were going to get sick from the anesthesia, it would have happened within the first 3-4 hours after surgery. If you are nauseous, it is usually because you have taken medicine on an empty stomach, or you are not drinking enough fluids and are becoming dehydrated. We encourage beverages with sugar and caffeine to help jumpstart the system.
5. Try to stay awake until bedtime (10pm) at least. We want you to remain active throughout the day; go out for dinner or a walk, around the mall, etc.
6. **If your implants are under the muscle**, you will take your muscle relaxer when returning from dinner or by 10pm. You can take the muscle relaxer at the same

time as the pain medication, but try not to take the antibiotic and the pain pills at the same time. You may not drive a car until 24 hours after the last dose of narcotic pain medication. After taking the narcotic, you may be too sleepy to shower or go out.

7. Around 10:00 pm, take your muscle relaxer (if you have not taken it yet today) and your Benadryl. You will take Benadryl at night to sleep for 3 days.
8. By the third day, if you have implants, you will lie directly down with your full weight on your breasts for 15 minutes every night until it is no longer uncomfortable (about 4-6 weeks). Don't try to push up to get up. Instead, just roll to the side and then sit up. Remember not to cheat; it is important to put this pressure on the breasts immediately.



Recipe for tomorrow morning

1. Get up, eat breakfast and do your first set of arm exercises in the shower. Use the momentum and get out and do something. Walk around the mall, run errands, etc.
2. Expect to run out of energy about mid-day. You may take a nap and then get up and moving again.
3. Expect to feel tighter and more swollen at the end of the day. This is normal and temporary.
4. Expect to feel soreness in the ribs and lower back around the end of day one or two. This is simply fluid moving through the tissue. Your system will process this fluid and the bloating will subside within a few days.

Note for the caregiver: Encourage her to do normal things around the house if able. She cannot perform aerobic-type exercises for 3 weeks and no lifting over 5 pounds for five days, then 10 pounds for ten days (most women's purses are over 5 pounds). This restriction includes lifting your body into a vehicle. Remember, she cannot hurt herself through normal movement. By moving, she will feel better faster and reduce her risk of capsular contracture and another operation! She knows all of this. It is important that you know and understand and help get her moving.



Medication schedule

Take the Flexeril before bed if your implants are placed under the chest muscle. Take the Benadryl (two 25mg or one 50mg) tablet at bedtime for first 3-5 days only.

Take the Cephalexin at 9:00 p.m. and then every 8 hours until gone.

Take the Darvocet N100 for pain every 4 hours as needed.