

POST SURGERY CARE INSTRUCTIONS:

Breast Augmentation (24 hour recovery)

*These instructions apply to most individuals. We may modify our recommendations to you, depending on your specific needs. Please follow these instructions UNLESS we notify you in writing to do something different.

WHEN YOU LEAVE THE SURGERY CENTER

1. Go home and take a 2 hour nap.
2. Get up from nap and walk around for 10 minutes every hour of the day until bedtime. This helps with circulation and breathing during the healing process.
3. Eat something substantial. Chicken breasts, soup, sandwiches or small portions of meat or fish. Avoid spicy and salty foods like pizza or Mexican.
4. Drink something with sugar, like propel or Gatorade. Sugars will help the body absorb pain medications.
5. Use your incentive spirometer (breathing device) as directed.
6. Slowly extend your arms out to your sides and above your head, similar to making a snow angel motion. Do this in sets of 5 every 1-2 hours until bedtime.
7. Make sure to stay on top of your medication regimen.
8. Take a shower in the evening- NO BATHS. Remember to keep your bra on at all times except when showering. (See the "Showering and Hygiene" section for detailed instructions)
9. Sleep inclined on your back to reduce swelling. No stomach or side sleeping for 6 weeks.

THE DAY AFTER SURGERY

1. Get up and eat breakfast. Take your antibiotic with breakfast.
2. Make sure to stay on top of your Celebrex and Gabapentin pain regimen.
3. Continue to walk around every hour during the day.
4. Expect to run out of energy around mid-day. Plan your day so that you can stop and rest for a while. After a nap, get up and get moving.
5. You may continue to shower daily. Continue wearing your bra at all times.
6. Expect to feel sore, more swollen, and tighter at the end of the day. This is normal and temporary.

FIRST WEEK AFTER SURGERY

- Expect to feel soreness in the ribs and lower back around the end of day 2 or 3. This is simply fluid moving through the tissue. You will urinate the fluid out and lose any bloated feeling within 7-14 days.
- Continue daily living while listening to your body.

WHAT TO EXPECT AFTER SURGERY

Breast swelling:

- Swelling is expected and usually worsens over the first 3 days and most of it fades over the first 6 weeks.
- Swelling makes the breasts look larger and oddly shaped. It also makes the breasts feel hard and heavy. This gradually subsides 2-4 weeks after surgery.
- Swelling can cause the breasts to appear shiny and feel itchy. You may take oral Benadryl for constant itchiness. Take oral Benadryl with caution due to sedation. Avoid taking Benadryl within 1-2 hours of pain medication,

muscle relaxers and other sedating medications to avoid potentially dangerous over-sedation. Notify the office if you develop a rash.

Tightness and stiffness in the chest region:

- Tightness and stiffness are normal experiences as the skin, muscles and tissues have been affected.
- The tightness may make it feel more difficult to breathe. This typically resolves within the first 2 weeks as the skin and muscles relax. Using your incentive spirometer (breathing device) 10 times an hour while awake will help.
- Severe shortness of breath or difficulty breathing is not normal, and should you experience this you should seek emergency medical attention immediately.

Discomfort:

- Dr. Camp uses a multimodal pain medication regimen to help keep pain tolerable and our patients comfortable, it is important to take the medications as prescribed.
- Tingling, burning, intermittent shooting pain, hypersensitivity and/or lack of sensitivity are all very normal experiences as the sensory nerves heal.
- One breast may be more sore than the opposite breast. This is normal.
- If the skin becomes red and hot to touch contact our office immediately.
- Constant, severe, worsening pain should be reported to our office immediately.

Asymmetry:

- Your breasts will NEVER be the same or perfectly symmetrical. THIS IS NORMAL & EXPECTED (they are sisters, not twins.) You will be able to see a difference from one side to the other.
- Mild asymmetry is normal however, significant asymmetry with significantly more pain on the larger side can be a sign of a hematoma (bleeding into the implant pocket.) If you suspect this, please contact our office immediately.
- Although no two breasts in nature or following surgery are perfectly symmetrical, proper surgical bra use, and time typically produce breasts that are similar in shape, position, and size.
- Breasts may settle at different rates; this is not an emergency. This should resolve by 3 months after surgery. This can be discussed further at your next visit.

Other:

- A sloshing or squeaking sound/sensation is a result of air that is trapped in the implant pocket and fluid that will naturally accumulate. This is expected and typically resolves within 4 weeks.
- You may experience a small amount of fluid or mild seeping through your nipples. This usually resolves on its own 6 weeks post-operatively and beyond.

SAFETY / CAREGIVER

After surgery, you will be weak and drowsy. You will need a responsible ADULT caregiver to stay with you 24-48 hours after surgery to monitor your health and support you.

MEDICATION SAFETY

Dr. Camp uses a multimodal pain medication regimen to help keep pain tolerable and our patients comfortable. Stay ahead of the pain for the first 24 hours by following the schedule of medications outlined on your medication chart. After 48 hours, Dr Camp recommends avoiding the use of narcotics like hydrocodone (norco) and muscle relaxers such as valium. Continue taking Celecoxib (Celebrex) and Gabapentin every 12hours to maintain comfort. Constant, severe, worsening pain should be reported to our office immediately.

It is important to take the medications as prescribed. DO NOT drive while taking narcotics, muscle relaxers or any medication that causes drowsiness. Additionally, DO NOT drink alcohol while still taking any of the prescription medications.

POSITION AND ACTIVITY

POSITION: You will rest elevated at a 30-45 angle to reduce swelling. NO LYING FLAT until 3 weeks after surgery. Recliner chairs, adjustable beds, pillow or wedges are all great for keeping this position.

SLEEPING: You must sleep slightly elevated at a 35–45-degree angle. You may sleep flat after 3 weeks. **NO STOMACH OR SIDE SLEEPING** for 6 weeks. Use pillows to avoid pressure on breast implants if you return to sleeping on side or stomach.

WALK: It is essential that during the day you get up **EVERY HOUR** and walk around indoors for 10 minutes while you recover. This improves blood circulation, reducing the risk of blood clots after surgery.

ACTIVITY:

WEEKS 1 - 3

- Avoid raising your heart rate over 100 or any activity that increases your blood pressure!
- No sweating
- Gentle arm motions like shoulder shrugs and maneuvers to wash and style hair are permitted and prevent shoulder stiffness in your recovery.
- Your arms should not be used to support your body or to lift anything over 5lbs. Raising your arms above 90 degrees is acceptable. Range of motion exercises are encouraged once your pain has improved significantly.

WEEKS 3 – 6

- You may ease back into light daily activities and hygiene as you normally would. Listen to your body and avoid stretching or motions that cause too much pain. Your normal range of motion will return as you heal.
- You may increase activity with lighter cardio- faster walking or the elliptical for 30-45 minutes .
- No "exercise" or high impact activity (biking, weights or resistance training)
- Avoid vigorous household activities like vacuuming, house cleaning, etc.
- Do not lift, push, or pull anything greater than 10lbs.

After 6 WEEKS

- Expect your energy to return to normal 6-8 weeks after surgery.
- Ease back into physical activity, starting very light and increasing frequency and intensity. gradually over 3-6 months, depending on your health, physical stamina, and pre-operative level of fitness.
- You may resume activities such as running, tennis, golf, weightlifting, heavy stretching (yoga) at this time.
- Listen to your body. Discomfort is your body telling you to back off.

SUN EXPOSURE: Avoid sun exposure for 6 weeks. Treated areas are more likely to sunburn for up to 1 year.

DRIVING: Driving may be resumed 48 hours after surgery, as long as you are off narcotics and medications that cause drowsiness.

SEX: Refrain from sex for at least 4 weeks after breast procedures **WITHOUT** mesh and 6 weeks after breast procedures **WITH** mesh. Resume with caution and avoid pressure or rubbing on surgical sites.

DEEP BREATHING

After surgery it may be uncomfortable to take deep breaths. Using your incentive spirometer (blue breathing device) will help strengthen and clear your lungs, reducing the risk of postoperative pneumonia. Use your incentive spirometer 10 times an hour while awake for 1 week after surgery.

NUTRITION

Adequate fluid and nutritional intake are **CRITICAL** for proper healing. You may not feel hungry after surgery. Start with a liquid diet and then progress to a soft foods diet. Protein intake is **EXTREMELY** important for wound healing. We recommend 70-90gms of protein daily after surgery. Protein shakes, smoothies, and soups are great sources of protein and easy to take in after surgery. Limit carbonated beverages and spicy foods that can cause gas and bloating. Limit salt intake- a high salt diet can lead to increased swelling and prolonged recovery.

BLOODCLOT PREVENTION

It is essential that during the day you get up **EVERY HOUR** and walk around indoors for 10 minutes while you recover to reduce the risk of developing blood clots after surgery.

BRA

You will wake up from surgery wearing the EXACT bra that Dr. Camp wants you to wear. Keep this bra on until you shower in the evening after surgery. After showering, you may wear any bra without underwire that is comfortable. Wear your bra, except when showering, 24/7 for 6 weeks after surgery, including while you sleep! Your implants have a much higher risk of bottoming out within the first 3-6 months without proper support while healing during the first 6 weeks after surgery. IF YOU HAVE A BRA/ GARMENT ISSUE AFTER HOURS, JUST LEAVE OFF AND CALL US THE NEXT BUSINESS DAY AT 9AM.

For the rest of your life, Dr. Camp recommends you wear the bra of your choice to keep your results beautiful and perky. The best type of bra is any type that has a little push up and push in, keeping tension off your skin.

SHOWERING AND HYGIENE

After surgery, you may shower later that evening. Have someone help you in case you become lightheaded. We recommend taking the prescribed nausea medication 30 minutes before your first shower. This is also a good time to wash your bra, if desired, following the instructions on the tag.

1. Remove bra and throw away the loose pieces of white gauze
2. LEAVE THE STERI STRIPS IN PLACE ON YOUR INCISIONS!
3. Shower for up to 10 minutes, preferably not longer
4. Wash your face and hair as you normally would.
5. Wash body and breasts using the Hibiclens soap provided for the first week after surgery to reduce the risk of infection. If Hibiclens irritates your skin, you may switch to Dial antibacterial soap.
6. Gently wash over and around the incision sites
7. Gently pat breasts and incisions dry with clean towel.
8. Ensure steri-strips are dry. You may use a hair dryer on COOL/ NO HEAT to gently dry steri-strips.
9. Reapply bra and wear 24/7 for 6 weeks, removing only to shower.

NO BATHS, SWIMMING OR SUBMERGING IN POOLS/LAKES/OCEANS/HOT TUBS until after 6 weeks and when all incisions completely healed/ no open areas.

INCISION CARE

- A surgical glue and steri-strips (brown tape) will be placed over all incisions.
- Steri-Strips protect the incision and create a thinner scar. These Steri-Strips will remain in place for 2 weeks and will be removed in office. DO NOT REMOVE THEM. If they peel off naturally, that is OK.
- If the steri-strips become loose, DO NOT apply tape or attempt to stick them back down. This will trap bacteria around the incision, potentially leading to infection and delayed wound healing. If part of the strip is still dry and adherent, you may use clean scissors to trim the loose portion to avoid moisture trapping.
- If you have permanent sutures, they will be removed in 1 to 2 weeks.
- DO NOT submerge the incisions in water for at least 6 weeks, or until incisions are completely healed.
- DO NOT use heating pads. These can cause burns, resulting in permanent disfiguring skin changes.
- DO NOT use ice/cold packs. These can reduce blood flow and kill skin/nipples if used improperly.

CHECK NIPPLE CIRCULATION

Remove your bra the evening of surgery to look at your nipples and ensure your nipple color appears normal. Your nipples should be pink in color, consistent with your skin pigmentation. Concern arises when nipples appear more pale or purple or darker than usual. If your nipple color is abnormal, contact our office IMMEDIATELY.

URINATION

We want you to urinate within 4 hours of surgery. Ideally, you should urinate at least twice before you go to bed the evening of surgery. It is essential you are properly hydrated after surgery. If you are not drinking enough fluids, you will not heal properly. If you are not able to urinate, please notify us ASAP.

CONSTIPATION PROTOCOL

You may not have a bowel movement for several days after surgery, this is normal. Constipation can be prevented by staying hydrated, moving, and taking MiraLAX 4x/day in a liquid of your choice. MiraLAX does not cause cramping and is very safe/effective.

Diarrhea can be caused by antibiotics taken postoperatively- please notify us if you experience this.

NURSE PHONECALL

Your post-op nurse will call you the day after your surgery. Please answer so we can make sure you are healing normally and answer any questions you may have that are not covered in the post-op instructions. We want to speak to you. We are also happy to speak with your caregiver, but we want to hear your voice and have you answer our post-op questions. Please write down all your questions and save your questions for this call. Our RNs have scheduled time to check on our immediate post-op patients.

QUESTIONS AFTER SURGERY

Steven Camp MD Plastic Surgery

Phone: (817) 228-4315

Text: (833) 784-3316

Office Hours: Monday – Friday, 9 am – 5 pm

For post-op questions, please call or text the office and leave a message for our post-op nurse. Please note there may be delays in getting back to you with non-urgent questions as our RNs are in clinic treating patients during the week. Social media should NOT Be used to contact us regarding your care. Prior to calling, please review your post-op instructions to ensure your question is not already answered.

EMERGENCIES & AFTER-HOURS

NONURGENT: For nonurgent and routine post-op questions after business hours, please TEXT OR CALL THE OFFICE AND LEAVE A VOICEMAIL. We will contact you within 24 hours regarding non-urgent matters.

NONURGENT issues include:

- Medication refill requests
- Routine post-op questions
- Appointment scheduling

URGENT: For urgent, non-life-threatening medical issues or concerns, please CALL OUR OFFICE IMMEDIATELY to be connected to our after-hours emergency line. The after hours emergency line rings directly to Dr. Steven Camp and Sara Camp AG-ACNP, APRN, MSN. If they do not answer, please leave a detailed voice message. They are most likely on another call, and will contact you immediately.

URGENT issues include:

- Surgical drain issues
- Fever of 101 or greater
- Allergic reaction to medications
- Increasing swelling or redness around the incision
- Drainage from incision that is yellow or green
- Drainage from incision that has a foul odor
- Severe pain that is not relieved by medications
- Severe nausea or vomiting that is not relieved by medications

EMERGENCY: If you are experiencing a life-threatening emergency, CALL 9-11 OR GO TO THE NEAREST EMERGENCY ROOM IMMEDIATELY. While we cannot provide immediate assistance, we ask that you update us once you are safe.

EMERGENCY issues include:

- Shortness of breath or difficulty breathing

- Chest pain
- Loss of consciousness
- Calf pain or tenderness, lower leg/calf swelling, one leg more swollen than the other
- Uncontrolled bleeding

COMMON QUESTIONS

Jewelry/Piercings: If you have piercings, you can have non-metal spacers placed before you arrive to the surgery center, as long as the piercing area is a NON-SURGICAL area. Otherwise, not even a spacer is allowed.

Menstrual Cycle: What if I'm on my period the day of surgery? This will NOT hinder you from having surgery. Please wear a pad (not a tampon) to surgery. You will be provided with pads and disposable underwear at the surgery center.

Exercise: See 'Activity Section' for details. Doing so earlier can mess up your results and prolong healing.

SEX: Refrain from sex for at least 4-6 weeks after surgery. Resume with caution and avoid pressure or rubbing on surgical sites.

Swimming/Baths: AVOID for at least 6 weeks after surgery. All your incisions must be COMPLETELY healed and closed before you do this. Doing so before incisions are healed after 6 weeks can result in a bad infection! This includes lakes, oceans, hot tubs, pools, and bath water.

Scar Treatments: When incisions are completely closed (typically 1-2 weeks post-op), our nurse will direct you to start using Silicone Scar Strips or silicone scar gel- apply with clean hands. Scar Away is a good over the counter brand. You can get these products at CVS, Walgreens, Wal-Mart, or on Amazon. You may start applying scar strips for 12 hrs. on, then 12 hrs. off every day. Scar gel may be applied every 12 hours. Continue using it for several months after surgery.

Post-Operative Travel: Typically, we recommend not traveling for at least 6 weeks for vacations! Necessary travel before this time should be done cautiously, taking care to adhere to lifting and activity restrictions to avoid complications. This is the timeframe in which you have the highest risk of getting an infection or an incision opening up.

Alcohol: Avoid alcohol for 2 weeks before surgery and at least 2 weeks after surgery. You must be off all your medications for at least ONE full week before you drink alcohol. Alcohol is NOT good for healing!

Smoking: No smoking or second-hand exposure to smoke for AT LEAST 6 weeks after surgery. Exposure to smoking in any form delays wound healing and increases your risk of post-op complications.

Tanning: Avoid excessive sun exposure 10 days prior to surgery. If you have a sunburn, surgery may have to be delayed.

Avoid direct sun exposure of surgical site skin for at least 6 weeks after surgery. Sunblock with UVA/ UVB protection SPF 35 or greater is recommended to protect skin with any sun exposure. Note: bathing suits and thin clothing offers minimal sun protection. You should always apply sunblock under such garments. Spray Tan: Avoid for 2 weeks prior to surgery and for 6 weeks after surgery.

Tattoos: Avoid for 6 weeks before surgery and 3 months after surgery to decrease the risk of infection.

Pets: No pets sleeping in your bed for 6 weeks. Do not walk large dogs with a leash for 6 weeks after surgery.

Nails: Do not replace dip, gel, or acrylic nails until cleared by your nurse

Should I search online or ask my friends if I have any questions about my procedure or recovery? You know the answer to this one! Google "experts," reading social media "expert groups" or asking your friend that had plastic surgery causes a lot of problems and unnecessary anxiety. Please call us if you have any questions or concerns. Dr. Camp is a board-certified plastic surgeon with nearly 10 years in private practice. It is dangerous to attempt diagnosing yourself or depending on the advice of bloggers, social media sites or friends and family. We are here to help, ask us anything!