The Patient Choosing Breast Augmentation

Thank you for choosing the MCGHealth for your health care needs. This information is to help answer some of the questions you may have about your operation and to give you instructions to follow during your recovery period. If you have any other questions, please ask your doctor or nurse.

General information
Saline-filled implant devices have been approved by the United States Food and drug Administration for use in breast augmentation and reconstruction. As of November 2006, silicone gel-filled breast implant devices have also been approved for cosmetic breast augmentation for women that are least 22 years of age.

Breast enlargement is accomplished by inserting an implant either behind the breast tissue or under the chest muscles. Incisions are made to keep the scars as inconspicuous as possible. The method of implant selection and size, along with the surgical approach will depend on your preferences, your anatomy and your surgeon’s recommendations. The shape and size of the breasts prior to surgery will influence both the recommended treatment and the final results. If the breasts are not the same size and shape before surgery, it is unlikely that they will be completely symmetrical afterward.

Conditions that involve sagging breast may require additional surgical procedures to reposition the nipple and areola upward.

Risks of Augmentation Surgery
An individual’s choice to undergo surgery is based on the comparison of the risk to the potential benefits of surgery. Data suggests that most women will be satisfied with the outcome of surgery despite the occurrence of problems inherent with surgery.

- Need for additional surgery
- Skin wrinkling
- Capsular contracture
- Seroma
- Implant extrusion or tissue necrosis
- Pain
- Change in sensation
- Calcification
- Implant displacement
- Bleeding
- Anesthesia complications
- Thrombosed veins
- Inability to breast feed
- Delayed healing
- Unsatisfactory results
- Assymetry
- Swelling and bruising
- Scarring
- Suture extrusion
- Infection
- Implant rupture
- Damage to deeper structures
- Impaired mammography detection of breast cancer
Home Care Instructions for Augmentation Mammaplasty

Activity
After surgery, you should go home and rest the remainder of the day. You will be asked to sit upright with 3 to 4 pillows and to place no pressure on your chest. You will need supervision until you no longer feel sedated.

- You must avoid bending or straining for 2 weeks. Please do not lift anything greater than 5 pounds or engage in vigorous exercise for at least 6 weeks.
- You should not drive until the soreness has gone from the breast and you no longer require pain medication. Usually after 5 to 10 days.
- Sexual activity is permitted during the first 2 weeks as long as no pressure is put on the breast.
- You will be instructed how and when to perform breast massage. For the first 6 weeks you will massage 4 to 6 times daily in hopes of preventing a capsular contracture or hard breast.

Wound Care
After surgery a large bulky dressing will be applied that covers most of your upper chest. Do not disturb the dressing or get it wet. It will be removed when you return for your post–op appointment. You may notice a small amount of bloody drainage on the dressing. This is to be expected.

- You will be asked to wear a sports bra post op. We advise you to buy bras without metal stays or under wires. You will need to wear a supportive bra day and night for the first 4 to 6 weeks and then you may wear the bra of your choice or none at all.
- You may shower after the first dressing is changed. If steri-strips are placed, pat dry. The strips will gradually fall off.
- Sutures will be removed as determined by your physician.
- You may be concerned about the condition of your scars after surgery. Products are available such as Mederma, Scar Fade, or Scar Solution. Ask your doctor which product is best for you. These products can be used after the sutures are removed and the wound is completely closed.

Medications
Discomfort is common and can be controlled with medication. Please take your pain medications as prescribed. Your pain will gradually improve and you will be able to decrease the amount of pain medications you are taking. If pain persists, please tell us so that we can adjust your therapy.

- Please monitor the breast for any redness, drainage or fever. This may indicate an infection and will need to be evaluated promptly.
- To prevent constipation, consider taking a stool softener after surgery. Mild over-the-counter medications like Colace or Senekot as directed can be helpful. If symptoms of constipations persist, please advise your physician.
Diet
You may resume your usual diet as soon as you feel like it. Taking your medications with food may decrease the potential for nausea and vomiting.

- The body needs extra fluids and calories to heal after surgery. Drink at least 8-8oz glasses of water daily. You may have a decreased appetite. Try eating small, frequent meals and take sips of water or juice through the day.
- Smoking has a NEGATIVE effect on wound healing and leads to potential skin necrosis and a poor result. Wound debridement or surgical revision may be necessary. It is advisable that patients avoid smoking before and after surgery to produce the best possible surgical outcome.

Call your doctor if:

- you develop a sudden increase or large amount of blood from your wound.
- you develop a bad smell or odor from the wound.
- you notice redness, warmth, or increased soreness around the wound.
- you develop a fever 101.5 degrees or higher.

Follow-up
We will give you an appointment to return to the clinic. It is important that you keep this appointment so that your doctor can be sure that you are healing and arrange any further care that you need. If you need to talk to your doctor, you can call:
Days: (706) 721-2198
Evenings, Nights & Weekends: Ask to speak to the Plastic Surgeon on call.