



TALLGRASS

SURGICAL CENTER

BREAST AUGMENTATION DISCHARGE INSTRUCTIONS DR. KELLER/DR. THELLMAN

The anesthetic may make you drowsy and slow your reaction time; therefore, for 24 hours:

1. Do not consume alcoholic beverages
2. Do not drive a vehicle or operate machinery
3. Do not make legal decisions or sign legal documents

You may experience a sore throat. For relief you can take over the counter throat lozenges. If your sore throat lasts longer than 2-3 days please contact your surgeon.

Rest quietly today. Have a responsible adult stay with you today and overnight.

NOTIFY YOUR SURGEON IF ANY OF THE FOLLOWING OCCUR:

- o If one breast should become quickly more swollen and painful. It could be sign of fluid or blood collecting in the breast.
- o Elevated temperature above 101 degrees.
- o Increasing pain unrelieved by pain medication.
- o Bloody drainage that has soaked your dressing.

ACTIVITY

- o Take it easy.
- o You may walk, climb stairs, use your arms and engage in everyday activities.
- o However, avoid exercise and strenuous activities until your surgeon gives the go ahead.

DRESSING

- o Leave dressings in place (will be changed at your follow up visit).
- o If a surgical bra is applied, leave this in place as well (may loosen if it becomes too tight).

SUTURES

- o Your sutures are beneath the skin and will dissolve with time. (They do not need to be removed.) Leave steri-strips intact.

SHOWERING

- o May shower on the second day after procedure.
- o Avoid getting water on your incisions as much as possible, but a little is O.K.
- o Pat dry with a towel when finished-**do not rub**.
- o No swimming or bathing until wounds are completely healed.

DIET

- o Resume regular diet. (You may find that your appetite is less than normal.) Make sure you drink plenty of fluids.

MEDICATION

- o Pain after this procedure is to be expected.
- o Take prescribed medication as directed.
- o If your pain is less severe, you may take Tylenol only.
- o Avoid Aspirin and aspirin products (ibuprofen, aleve, motrin, etc), as they may cause increased bleeding.
- o Most pain medications should be taken with food.
- o Pain medications can contribute to constipation. Increase fluids, fresh fruits and vegetables to help with constipation.

WHAT TO EXPECT

- o Bruising and swelling of the breasts is expected.
- o Bleeding in small amounts may occur along the incisions. (This is typically minimal and intermittent, and will stop in 24-48 hours).

FOLLOW UP

- o Call if you have any questions or concerns. Our office number is **785-843-7677**.
- o Please call our office and schedule your follow up visit in _____.

PRESCRIPTION

OTHER INSTRUCTIONS

I HAVE READ THE INSTRUCTIONS AND UNDERSTAND THEIR MEANING.

Signature of Patient/Responsible Adult

 x _____

If any problems occur or if you have further questions CONTACT YOUR PHYSICIAN. If you are unable to reach your physician and feel that your signs and symptoms warrant a physicians attention go to the EMERGENCY ROOM CLOSEST TO YOU.

 x _____

Instructions Given By: _____

Date _____

Time _____