

Bilateral Breast Augmentation
Dr. DeBrock

Medications:

- Take medications as directed.
- Do not use alcohol while taking narcotics.
- Do not drive while taking narcotics.
- Eat a high protein diet.

Activity Restrictions:

- Keep your arms below your shoulders.
- No lifting over 5 pounds.
- You should walk and do normal activities of daily living, but do not exercise or perform any activity that results in sweating. No strenuous activity.
- No sexual activity until cleared by surgeon.
- No submerging your incisions under water.
- Sleep on your back.
- You may shower 24 hours after surgery. Let the soap and water run down your chest. Do not let the shower stream contact your incisions directly. Use only gentle soap such as dove ivory bar soap.
- Do not apply ice or heat to your surgical site. 8 pt

Dressings:

- You have steri-strips on your incisions. These will fall off on their own. You may replace them as they fall off.
- Wear your post-surgical bra 24/7, unless showering.
- Pad your breasts with ABD pads and kerlix rolls.

Reasons to contact your doctor:

- Temperature greater than 100.4 F.
- Uncontrolled pain or vomiting.
- Redness, pain, or irritation of your surgical site.
- White or cloudy drainage from your incisions.
- Postoperative pain, swelling, and bruising are expected. However, we are always happy to answer any and all of your questions-24/7.

Please call our office if you have any issues during normal business hours. Monday- Friday 8 am-5 pm. Office Number: 910-235-2957

For issues or questions during non-business hours contact Dr. DeBrock directly: 910-725-7990.