

Post-Surgery Instructions: Breast Augmentation or Breast Lift (Saline or Silicone) Implants.

Once your surgery is completed, your healing and good outcomes require following all the instructions you are given.

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health conditions that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms of breast surgery and signs to watch for following:

- **Tightness in the chest region and stiffness; Tingling, burning or intermittent shooting pain:** These are normal experiences as the skin, muscles and tissue stretch to accommodate your implants, and as sensory nerves heal. Pain medication and muscle relaxants will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort. **Consistent sharp pain should be reported to our office immediately.**
- **Hypersensitivity of nipple or lack of sensitivity:** This is normal and will gradually resolve over time. You may also experience a small amount of fluid or milk seeping through the nipple. **If this becomes painful or excessive notify our office immediately.**
- **A feeling of heaviness:** It is normal for your chest to feel heavy as you adjust to your implants. This will subside within 2-4 weeks following surgery.
- **Shiny skin or any itchy feeling:** Swelling can cause the breasts skin to appear shiny. As the healing process advances, you may also find mild to severe itchy feeling of the breast. An antihistamine like Benadryl Cream can help to alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**
- **Asymmetry, the breasts look different, or heal differently:** Breast may look or feel quite different from one another in the days following surgery. This is normal. Although no two breast in nature or following surgery are perfectly symmetrical, breast messages and time will produce breast that are similar in shape, position and size.
- **A sloshing sound or sensation:** This is not result of your implant, but rather of air that is trapped in the implant pocket and fluid that may naturally accumulate. This is perfectly normal and will resolve within 2-4 weeks.
- **It's normal to feel the implants.**

CALL DR. GRACIA'S OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

1. A high fever, (over 101 degrees) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.
2. Any pain that cannot be controlled by your pain medication.
3. Bright red skin that is hot to the touch.
4. Excessive bleeding or fluid seeping through the incisions.
5. A severely misshapen breast or bruising that is localized to one breast or region of the chest.

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