



TUAN A. TRAN M.D., M.B.A, F.A.C.S.

Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery

General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery

Breast Augmentation Post-Operative Instructions

After Surgery

- It is important for you to have an adult available to drive you home and stay with you for the first 24 hours after surgery.
- While resting, keep your head and shoulders elevated on at least 3 pillows for the first 24 hours. You may get up to the bathroom with help only.
- A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or JELL-O. You may start a regular diet the next day.
- You may shower after 24 hours. Suggestion, cover dressing while in the shower
- For the first 48 hours keep your arm movements to a minimum. Your arms should NOT be used to support your body or to lift anything heavy.

Care of Wound/Special Instructions

Small drains may be used to draw off any accumulating fluid after surgery. The bulb should be kept collapsed at all times. The fluid will need to be removed from the bulb every 3 hours. Please keep a record of what time and how much fluid is emptied from the bulb. Bring this record with you to the office appointment. Usually, drains are removed at your next visit after your surgery.

You will have a clear skin glue dressing over your incision. This will protect the incision for 7-10 days. You can shower with the cream on. If you have sutures, they will be removed in 7-10 days and you will wear steri-strips for 3-4 weeks. (We will provide the steri-strips.) Apply scar cream to maximize wound healing, beginning at 3 weeks. Use the cream for 6 months after surgery.

You may shower 12 hours after the drains have been removed. No bathing, swimming or soaking for 2-3 weeks or until cleared by your surgeon. Do not go into a pool, pond, river, or stagnant water site for 6 weeks to avoid infection.

You may wear a camisole but no underwire bra for 4-6 weeks.

You may do light activities of daily living, such as feeding, key boarding, etc. Please do not lift anything heavier than 10 lbs for 6 weeks.

You should sleep on your back with your head elevated. Do not sleep on your stomach

All sutures, if present, will come out in 7-10 days.



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Managing Pain

Pain Medication: You can take Tylenol for the first 3 days in addition to your prescribed pain medications for pain control, starting as soon as you are able to tolerate a small amount of bland food such as crackers, toast or soup.

Do not take Motrin, Naproxen, Aleve, Advil or Aspirin until 3 days after surgery due to the risk of increased bleeding. After 3 days, you may take these medications in additional to the pain medication/Tylenol.

Follow-up

At your pre-operative appointment, our office staff will schedule a follow-up appointment for you within 5-7 days following your procedure. At this appointment, Dr. Tran will check up on your wound and provide you with further care instructions.

Possible Problems/Emergency

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, severe pain not controlled with medications, pus drainage from the wound site, or for any acute problems or illnesses, please contact our office at 714-839-8000 between the hours of 9AM-6:00PM on Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hours.

If you are unable to reach your surgeon or a member of his staff, go to the Emergency Room closest to you.