

Laurence Kirwan, FRCS, Plastic Surgeon

Breast Augmentation

Preoperative Instructions:

1. DO NOT TAKE ANY ASPIRIN PRODUCTS (Such as Ibuprofen or Advil) OR VITAMIN E tablets or gel caps, FOR 3 WEEKS PRIOR TO OR AFTER SURGERY. See also Do's and Don'ts. Aspirin thins the blood, causing bleeding and bruising. Tylenol or Paracetamol may be taken.
2. DO NOT SMOKE THREE WEEKS BEFORE OR AFTER SURGERY. SMOKING HAS A DIRECT EFFECT ON HEALING.
3. DO NOT DRINK ALCOHOL OR CAFFEINE FOR THREE WEEKS BEFORE OR AFTER SURGERY.
4. Shower and shampoo with *Antibacterial Soap* prior to surgery paying particular attention to the breast area. Do not apply creams of any kind or deodorant. Do not use spray deodorant at any time.
5. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF SURGERY. The only exception is medication which we instruct you to take with a sip of water.
6. Please wear a zip up top and pull up pants to the office on the day of surgery. Sweats work well. Wear flat shoes – no high heels or sandals. Do not wear makeup, jewelry or panty hose. Remove all body piercings. These guidelines are for your safety.
7. Please have your pre-operative testing results faxed to the office @ 203 853 1862 well in advance of your surgery. Alternatively, send scanned results by e-mail to drkirwan@drkirwan.com

Post Operative Instructions:

Your surgery will take approximately 1 hour. You will be transferred to the recovery room until you have awakened sufficiently to return home.

A RESPONSIBLE ADULT (OVER 18) MUST DRIVE YOU HOME AND REMAIN WITH YOU FOR 24 HOURS AFTER SURGERY. You will need someone to drive you the next day for your follow up appointment.

1. You will go home with a bandage wrap and a breast 'bandeau' or strap after surgery. The wrap will be removed in 1-2 days. You will need to purchase a soft sports bra that hooks in the back usually one cup size larger than what you wear now. You will wear the soft bra for at least 2 weeks once the bandage is removed. Sometimes, no bra is needed, simply a camisole top. Bring several sizes and styles to try when you come for your visit after surgery. The bandeau must be worn for at least two weeks after surgery – day & night, and then during the day for 2 more weeks. The bandeau 'sits' above the breasts on the flat part of the chest.
2. You may take tepid showers during this time.
3. It will be helpful to sleep with your head elevated with pillows or cushions under your arms. This will relieve the tension on your upper arms and make it more comfortable for you to get a good night's rest. Avoid sleeping on your side for 3 days.
4. You may experience 'twinges and a crackling sensation' within your breast post operatively. The frequency and intensity of these sensations will lessen as the week progresses.
5. 2-3 days after surgery, your upper abdomen may become 'bloated.' This is due to the swelling and extra fluid in your breast settling into your upper abdomen by gravity. Your body will reabsorb this and eliminate it on its own. This is only temporary and has usually resolved after one week.

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6. You may also hear 'swishing' in your breast 1-2 days after surgery. It does not mean your implants have ruptured or deflated. This is due to the extra fluid in the pockets around the breast implants and will subside in approximately 5 days.
7. You may feel numbness in the lower half of your breasts. This area of numbness will narrow as the months go by.
8. Sometimes one breast may be slightly more painful than the other. This does not mean that anything is wrong.
9. You *may* be instructed to do breast exercises. This activity will begin approximately one week after surgery. This applies only if you have smooth implants.
10. For 2 weeks after surgery, keep your arms from the shoulder to the elbow at your sides, as much as possible. You can lift your upper arm to shoulder height and you should exercise your shoulders by putting your hand behind your head and then behind your back to put your shoulder through a full range of motion so avoiding a stiff or frozen shoulder. Avoid any heavy lifting or reaching upwards or backwards.
11. Sleep on your back or side to prevent any undue pressure on your breasts for the first 10 days. You may resume most of your normal activities within 3-4 weeks.
12. Approximately 10 days after surgery, 'Kelacote' is recommended to be massaged into your scars with light pressure, at night, for a minimum of three months. This will help to prevent thick and raised scars. Elta sun block is also recommended to prevent hyperpigmentation. Bathing suits alone will not provide the necessary protection from the sun. Dr Kirwan also recommends Extra Mild Protection Cream (La Roche Posay) in the morning, to soften the scars. All creams should be applied in a thin layer only. You will have one stitch under each armpit where the local anesthetic has been injected. All stitches are absorbable.
13. 8 WEEKS AFTER SURGERY, you may resume strenuous activities such as heavy lifting, , golf, tennis, swimming, running, etc. but only if you can tolerate them comfortably. Start slowly.
14. If you have any questions, please do not hesitate to call the office @ 203 838 8844 (USA, CT) / or @ 212 838 8844 (UK/NY) and 020 7637 4455 (UK) – after 2:00 pm GMT.