

## **AFTER YOUR BREAST AUGMENTATION**

### Post-Op Instructions

- Driver** For outpatient procedures a driver will be required to take you home and preferably stay with you overnight. Please do not drive for 24 hours or while taking pain medication.
- Follow-up** Please call to schedule your first follow-up appt, if not already scheduled.
- Bathing** Do not get the surgical site wet unless otherwise directed. I will usually allow you to get the incisions wet with clean water after your first post op visit the day after surgery.
- Sutures** Most commonly, absorbable sutures are used with steri strips over the top. Keep these in place
- Medication** Begin taking your antibiotic (cephalexin) the day after surgery. Please finish all of this medication.
- Bra** We will provide you with a support bra after the operation. You will wear this bra day & night for 3 weeks, or as long as you can there afterwards. You may want to get another one so you can continue to wear one when you launder the other. A simple sports bra that opens in the front provides excellent support (**no underwires for 6 months**). We also may place a “push down” dressing for 3 weeks to keep the implants in place.
- Activity** Refrain from lifting greater than 10 lbs. and vigorous activity for THREE weeks after surgery. You will have restricted activity for SIX weeks. Excessive activity can cause bleeding, swelling and implant malposition.
- Swelling** Your breasts may be swollen and bruised for the first several weeks after surgery. This will improve!
- Warranty** All implants carry a warranty for life of the implant against failure. If you would like to purchase additional coverage you may contact Mentor within 45 days after surgery. A brochure will be provided in your pre-op packet.
- Call** Feel free to call me or my nurses with questions or concerns.  
Tanner Clinic 773-4840 X3441.  
Dr. Yates cell phone (801) 543-xxxx (Text message preferred, although direct calls are O.K.)  
website: [www.yorkyates.com](http://www.yorkyates.com)  
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**DR. YORK YATES**  
plastic surgery