

AFTER YOUR BREAST AUGMENTATION

Post-Op Instructions



- Assist** 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.
- 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** Absorbable sutures are used with steri strips over the top. Keep these on
- Medication** See medication instructions. Take antibiotics until gone
- Bra** We will provide you with a support bra after the operation. You will wear this bra day & night for 3 weeks. 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 weeks). Wear the “push down” ace bandage for 3 weeks.
- Stretching** Begin stretching exercises of the arms right away (overhead and side to side)
- Exercise** 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.
- 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) 543-9672 (Text message preferred, although direct calls are O.K.)
website: www.yorkyates.com
Email: yyates@tannerclinic.com

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DR. YORK YATES
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