



SCOTTSDALE CENTER FOR PLASTIC SURGERY

Post-Op Instructions for Sub-Fascial Breast Augmentation

- 1) **Showers:** You can take your first shower tomorrow evening (48 hours after surgery). Please keep the shower brief, not too hot and mostly on non-surgical sites. Long, hot showers early on can increase swelling.
- 2) **Bowel Movements:** Please make sure to stay on top of your bowel movements. Continue taking your Colace Stool Softener 1-2 times per day until you are no longer taking your pain medication and have resumed regular bowel movements. If you haven't had a bowel movement by tomorrow, please use a Dulcolax Suppository. If that doesn't work, try a Fleet Enema.
- 3) **Range of Movement:** Refrain from lifting your arms above your head, reaching from side to side, pushing or pulling. It is preferred that you keep your elbows tucked in by your side. We do want you walking every hour or so. Walking to the restroom and back is a great example of the amount of activity that is preferred after your procedure.
- 4) **After 4 days:** 4 days after your procedure you are now able to remove your tegaderm (large clear bandage) and the gauze. Please leave on your steri strips, that is to be removed at your one-week appointment.
- 5) **Questions and Concerns:** Please call or email our office with any questions or concerns. We are reachable 24/7 for urgent matters. If you call our office after hours, you will reach our answering service. If there is an urgent matter, they will get you connected to your Doctor ASAP.
- 6) **NO BREAST MASSAGE IS NECESSARY WITH GALAFORM**