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DIPLOMATE, AMERICAN BOARD OF PLASTIC SURGEONS

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AUGMENTATION MAMMAPLASTY (Breast Enlargement) INSTRUCTION SHEET

PRE-OPERATIVE DIRECTIONS:

1. Absolutely NO food or drink after 12:00 MIDNIGHT the evening prior to surgery, including water and coffee.
2. Wash the operative areas with soap & water the evening before surgery.
3. DO NOT take any medication, as all medication necessary will be given prior to surgery in the operating room. If you regularly take any morning medications for medical conditions, such as heart trouble, high blood pressure, or diabetes, please check with our office regarding this. You may take a sleeping pill the night before surgery if necessary.
4. Wear something that buttons or zips up the front. Do not bring anything that must be pulled over your head. **Do not** bring any valuables or jewelry.
5. DO NOT TAKE ASPIRIN OR ASPIRIN CONTAINING MEDICINES, OR VITAMIN E for two weeks prior to surgery. TYLENOL may be used instead. DO NOT TAKE IBUPROFEN (Motrin, Advil, etc.) or SIMILAR ANTI-INFLAMMATORIES for three days prior to surgery.
6. STOP SMOKING at least two weeks prior to surgery or altered and delayed healing may occur.
7. Advance payment is due two weeks prior to surgery.

POST-OPERATIVE DIRECTIONS:

1. After surgery you will have a tape dressing and a soft support brassiere applied over your breasts which must be worn continuously five days. During this time, the dressings must be kept clean and dry. DO NOT ATTEMPT TO REMOVE THESE DRESSINGS OR THE BRASSIERE.
2. Take medication for pain, and sedation for sleep as directed. You may sleep in any position of comfort.
3. During the first three weeks from surgery, your upper arms (shoulder to elbow) **SHOULD BE KEPT ALONGSIDE YOUR BODY** as much as possible. This means that arm movements such as reaching above the head and lifting objects must be limited. These restrictions

(OVER)

are most important to allow for healing. It is advised to wear only button down clothing during this time.

4. You may resume driving a car a few days after surgery.
5. One week after surgery, the dressings, tape, and stitches will be removed. At this time we will reapply the soft support bra. You MUST wear a support bra for 24 hours a day for the next two weeks, and may only remove it to bathe or shower. After three weeks you may wear any other type of bra that you prefer or go bra less.
6. The first office visit will be one to three days after surgery; the second visit will be four or five days later. Sutures will be removed about 10 days after surgery. Thereafter, the visits will be determined in accordance with your personal schedule.
7. The first two weeks there should be no exercising. In the second two weeks you may begin gentle exercising such as walking or riding a stationary bike. One month after surgery you may begin your full exercise regimen without restrictions. Do not be alarmed if you feel muscle pulling, tightness, or tenderness during exercising. This is normal and you are therefore advised to begin slowly and build up to your normal tolerance gradually over the next few weeks.
8. Sunbathing is prohibited directly on the breast skin for at least three months.
9. Contact us immediately if you have any unusual breast pain, fever, firmness, decrease in size, swelling or other problems. With direct examination we will generally be able to advise you if treatment is indicated.
10. PLEASE BE PATIENT as the process of healing and “softening” does take time, usually a few months. It is common for one breast to be temporarily larger or higher than the other during healing. This is due to swelling and will gradually subside as the breasts soften and settle.
11. Routine examination of the breasts, including mammograms, should be resumed by you and your physician post-operatively according to usual standards.

If you have any problems or questions, please do not hesitate to call the office at any time, preferably from 9:00 AM to 5:00 PM weekdays.