

Simply Breast Implants

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Breast Augmentation Recovery Dos

- Take your medications as prescribed, particularly antibiotics.
- Do eat something when taking pain medications to help prevent nausea.
- Attend all scheduled post-operative appointments.
- Prior to resuming your normal diet, start with clear liquids and light foods such as soup, dry toast, Jello, etc.
- Try to avoid sodium (salt) as much as possible, as this interferes with getting rid of swelling and bloating.
- Follow your surgeon's post-operative instructions to the letter.
- Drink plenty of fluids
- Rest - do not do too much too soon. Your body requires energy to heal.

Breast Augmentation Recovery Don'ts

- Don't drink alcohol for at least 24 hours, and for as long as you are taking pain medication.
- Do not sign any legal documents, important papers, or make business decisions for at least 24 hours.
- Do not drive or operate heavy machinery for at least 24 hours. After that, it is best to avoid driving until you are no longer under the influence of narcotics (pain meds).
- Do not lift anything heavy, exercise, or participate in sports until your surgeon has cleared you to do so.
- Do not apply heat (heating pad, etc.) to the surgery area.

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- Do not take a bath or get into a hot tub until your surgeon releases you to do so.
- Do not lie flat of your back in bed. A reclining position is more comfortable and allows swelling to move away from the breast.
- Do not try to sleep on your stomach or side.
- If you smoke, try to quit, but if you cannot quit, try not to smoke, especially in the early post-operative days. Smoking interferes with circulation, and can hinder healing.