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### First Follow up Reminders Breast Augmentation

#### Hygiene:

- It is okay to shower. However, bathing in a tub or a hot-tub is not recommended for another 3 weeks.

#### Healing:

- Switch from ice to warm compress 10 minutes twice a day.
- **Do not use a heating pad.**
- Swelling, pain, sensitivity, and bruising is normal. A bruise dissolves from black to purple to green and yellow, and then disappears. The healing process for a bruise is not the same for everyone.
- You may choose to use Arnica cream or gel to help the bruising resolve faster.
- Breast implant massage–
  - Massage technique-> up, down, around, together.
  - In the morning when taking a shower use soap and water to massage the area.
  - In the evening, use baby oil or moisturizing lotion for about 5 minutes.
- Scar care –once the steri strips peel off, you should massage the incisions twice a day with Mederma (available at a drug store) or you can also use Biocorneum which is a silicone based gel that bonds directly to the skin. This is available for purchase at our office.
- You may also consider laser treatments in the office starting at 4 weeks after surgery. Multiple treatments may be required.
- Gentle intimacy is okay if you are comfortable, but avoid the surgical area.

#### Clothing:

- Best to avoid wearing a bra (sports bra and under wire bra) for 4 weeks. This will help the implants settle into a tear drop shape.
- Wearing a camisole is recommended.

#### Exercise:

- 1 week → Brisk walking
- 2 weeks → Stationary bike (minimal arm movements)
- 3 weeks → Elliptical, Pilates
- 4 weeks → Stair master, Yoga
- 5 weeks → Running, weight training and muscle toning
- No swimming for 4 weeks after your procedure.

