



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 2 weeks.

Healing:

- Switch from ice to warm compresses 10 minutes twice a day.
- 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.
- 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 for about 5 minutes (duration of commercial break on TV).
- Scar care – you should massage the incisions twice a day with Mederma, which can be purchased over the counter at most drug stores. Biocorneum which is a silicone based device that bonds directly to the skin is available from 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.

Clothing:

- Best to avoid wearing a bra for 4 weeks.
- Wearing a camisole is recommended.
- Switch out of the sports bra. It is best to minimize wearing an underwire bra.

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.