



MICHAEL J. BROWN, M.D., P.L.L.C.
Aesthetic Cosmetic Plastic Surgery

Breast Augmentation Pre-operative Instructions

Please avoid the medications on the list that was provided.

On the **morning of your surgery**, please take a home **pregnancy test** and notify the office of a positive result.

You should have your prescriptions filled prior to surgery.

Breast Augmentation Post-operative Instructions

After surgery, please start with sips of clear liquids and advance diet as tolerated.

Please **do not** take your **pain pills** on an **empty stomach**, or **at the same time**, this will increase nausea.

Please **take all** of your **antibiotics** according to the prescription. If nauseous, begin taking them the day after surgery.

If you like, you may be up and around on the day of your surgery.

Please rest with a couple of pillows under your head and shoulders.

It is normal to have some swelling. This usually maximizes at 24-48 hours.

It is rare to have some bruising on your chest. If bruising occurs, it may progress for a few days and then subside. If it occurs, it is usually around the incision site only.

You may sponge bathe the day after surgery. The following day, you may remove your outer dressings and shower. Leave the steri-strips over the suture line. Please do not sit in a tub & submerge your incision sites.

You may raise your arms as tolerated. There are no restrictions to movement.

Please do not lift weights for two weeks.

Please do not perform strenuous aerobic exercise for two weeks. You may walk.

Please do not drive until after your post-operative visit.

Notify the office if you experience any of the following:

- if one breast appears much bigger than the other.
- a temperature above 101.5° F.
- if you develop redness (like a sunburn) on your breast

Please call my office, 703-435-0041, if you have any questions or problems.