



CANADIAN PLASTIC SURGERY CENTRE

BREAST AUGMENTATION SURGERY (IMPLANTS) **POST-OPERATIVE INSTRUCTIONS**

- You have been given a prescription for antibiotic either *Cephalexin* or *Clindamycin*. Please start taking the antibiotic immediately following your surgery as prescribed and ***until finished***.
- The pain medication prescribed will either be Tylenol #3 or Percocet. You can take 1-2 tablets every 4-6 hours ***as needed***.
- Do not drive for 24 hours after the procedure and/or until you have stopped prescription pain medications.
- Ice packs can be used to help alleviate pain and swelling. DO NOT apply ice directly on the skin. Avoid using hot compresses.
- You will be going home with tensors. They should be worn for the first week even while sleeping. Afterwards, you can switch to a sports bra for support. You should wear your support bra throughout the day and while you sleep. You should wait about 6 weeks until all the swelling has settled before you start purchasing custom-sized bras.
- You are allowed a 1-hour break daily from wearing your support bra. You can use this time to shower and relax in bed. Otherwise, you should not perform any activities without wearing your bra.
- Steri-Strips and a waterproof clear plastic dressing will be covering your incisions. These dressings will be changed at your 1-week follow-up. If the waterproof plastic dressing gets wet/soaked, please remove the top layer and leave the Steri-Strips (paper strips) below intact. You can shower with Steri-Strips exposed. After your shower, please pat the strips dry with a towel or blow dry with a dryer on a low-heat setting.
- You should take a shower 48 hrs after your procedure. Remove your Tensors and shower with soap and water allowing it to run over the incisions. Keep the waterproof dressing intact, unless it's soaked.
- You must AVOID heavy lifting and sudden/quick arm movements. NO reaching for or holding heavy items above your head.
- No exercise for the next 3-6 weeks or as advised by Dr. Chivers or his nurse.
- Do not expose the incision site to the sun for 6 weeks.
- Swelling, bruising, and pain are expected and will improve in 6-8 weeks.
- **For several days after the surgery, you will be at risk of fainting. If you suddenly feel hot and begin to sweat, lie down and bend your knees. A cold compress on the forehead/neck can help relieve these symptoms. Drink plenty of fluids to prevent this.**
- **If you suddenly experience severe pain, swelling, and/or bruising in one breast, please call our office immediately. This can be indicative of a hematoma.**

*If you have any questions or non-emergent concerns, please call our office at:
(416) 244-8377 Monday-Friday 9am-6pm or email us at info@canadiansurgery.com*

**For emergencies, please call Centenary Hospital Locating at (416) 281-7111 and ask to have
Dr. Chivers paged. If necessary then proceed to the Centenary Hospital emergency where
Dr. Chivers can meet you.*

Patient Initials: _____