

BREAST AUGMENTATION
POST OPERATIVE INSTRUCTIONS PER DR. WORTHING

1. Should the breasts begin to swell fast, begin to throb, or temperature is higher than 101, please call the office immediately at 281-440-7797.
2. A compression garment and drains will be applied to the breasts at the time of surgery. The drains will be removed the day after surgery.
3. Purchase a sports bra with front closures that fits you prior to surgery and bring it to the office visit the day after surgery. The bra will add support and aid in your comfort for the first 2 weeks. Absolutely no underwire bra for 2 weeks.
4. Take all medications with food and drink plenty of fluids for 2 weeks.
5. For 2 weeks following your surgery, do not take any aspirin or blood-thinning agents as listed on the pre-op medication list. When in doubt, please consult a pharmacist regarding the medication in question. Tylenol may be used as a substitute.
6. Cleanse the suture lines with hydrogen peroxide on a cotton ball or swab 2 times a day. You may shower (not tub bathe) after drains are removed. Do not allow the area of incision to be soaked with water for 2 weeks.
7. Make an appointment to have all sutures removed 10 to 14 days following surgery.
8. Limit physical activity (upper body) for 2 weeks after surgery. Strenuous activity, such as sports (jogging, golfing, tennis, etc.) may be resumed 4 - 6 weeks after surgery per Dr. Worthing's instructions.
9. It is important that you understand and comply with these post-operative instructions.

In case of Emergency after 5 pm or weekends, call 281-537-3419