Dr. Danielle Andry

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Dr. Andry/Wijay Post-Operative Breast Augmentation Regimen:

* Depending on your specific needs, you may wake up with an ACE wrap dressing, postoperative bra, or no garment (which is most common)
* After surgery, take the following medications:
	+ Celebrex 100 mg twice a day
	+ Valium 5 mg every 8 hrs as needed for muscle spasm
	+ Tylenol 1,000 mg twice a day
	+ Antibiotic as prescribed
	+ Anti-nausea medication when/if needed
	+ Tramadol when/if needed as prescribed
* The evening of surgery, you should walk around the house and can even get a very casual dinner, as long as you do not drive or exert yourself in any way.
* After surgery it is best to go to bed with your head and shoulders elevated on at least 2 firm pillows (about 30 degrees). While in bed during your recovery, lie on your back, keep your head elevated and your knees slightly flexed.
* For the first 48 hours keep your arm movements to a minimum. Your arms should not be used to support your body or lift anything heavy. Do not push with your arms to lift yourself in bed.
* You can shower 2 days after surgery. Make sure you have someone to assist you getting into and out of the shower. Do not scrub any incisions; just simply let soap and water run over the areas. Do not submerge any incisions.
* Driving may be resumed when a sharp turn of the steering wheel will not cause pain; this is usually within 5-7 days. Do not drive while taking pain medication or Valium.
* No heavy lifting > 10 lbs for 6 weeks. No activating your pec muscles for 6 weeks after surgery. No strenuous activity that gets heart rate up for 2 weeks, but no jumping or bouncing (includes running, spin classes, ect). After 4 weeks, your doctor will assess if you are ready to begin any jumping/bouncing type of activities. Be careful that you are not activating your pec muscles when doing any yoga or pilates.
* All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact or tanning booths are to be avoided. Use of a clinical grade sunscreen with SPF 30 and zinc oxide (UVA and UVB protection) is recommended for at least 6 months, even under a bathing suit.
* 2-3 weeks after surgery, you can begin using scar cream that has been clinically proven to help improve the appearance of scars. It is important to use this cream religiously for the first 6 months to maximize wound healing and scar maturation.
* Please contact our team if you have sudden increase in bruising or swelling, persistent redness surrounding the incision, severe or increased pain not relieved by medication, any side effects related to medication such as rash, nausea or vomiting, temperature >101.5, yellowish or greenish drainage, or continuous bleeding from the incisions.
* Your doctor will see you in her office at the 2-3 day postoperative period, then approximately 2-3 weeks postoperatively, 6 weeks, 3 months, 6 months, 1 year, then yearly thereafter. If you would like to see her more often, please feel free to schedule additional appointments.
* If you have any questions whatsoever, please contact (call or text) Dr. Andry, Dr. Wijay or their patient care coordinator, Mavi. Our team is happy to answer any question, no matter how big or small to ensure you are taken care of and have the most enjoyable experience possible.