



Breast Augmentation

General: You can expect to need 1 week(s) off from work.

Pre-operative:

1. Three weeks before surgery, make sure you have discontinued all medications that are associated with increased bleeding. These include aspirin, ibuprofen, aleve, Plavix, Coumadin/warfarin, vitamin E, fish oil, xarelto, eliquis. If you are on any of these medications you must let Dr. Wilson and his staff know. You may take Tylenol and extra strength Tylenol only.
2. Patients must be non-smokers. If you are a smoker you must have stopped smoking for six weeks before any surgical procedures will be performed. Nicotine products may be used to aid in smoking cessation, but must also be stopped prior to surgery. You may be asked to complete a blood test to check the circulating levels of nicotine in your system prior to surgery.
3. We recommend you purchase arnica tablets and begin them one week prior to your procedure and continue for the week following the procedure. These are available at our online dispensary or at your local health food store.
4. You must have someone drive you to and from your surgery. You must have an adult to help you for the first 24 hours. If you do not have someone to help you, the office can help you coordinate a nurse or assistant.
5. Dr. Wilson will prescribe you your pain medication the day of the procedure. Rarely will you need narcotic pain medications for this procedure. Please start a stool softener the day before surgery to avoid constipation from anesthesia. Continue on stool softener while on pain medication.
6. You will need to purchase Chlorhexidine wipes (2% Chlorhexadine Gluconate cloth - Patient Preoperative Skin Preparation). You will use these to cleanse your chest for the two days prior to surgery. This wipes aid in reducing the amount of natural bacteria found on the skin to aid in preventing infection. You may purchase these wipes through our office or they can be found online.
7. Do not eat or drink anything after midnight the night before surgery. If you have a medication you must take in the morning, take with a small sip of water. Shower the morning of surgery making sure there are no traces of makeup left on your skin. Do not apply moisturizer or body lotion the morning of surgery and do not wear contact lenses. Please wear comfortable

clothing that either zips or buttons in the front. If you use an inhaler bring it with you.

Post Operative: First 48 Hours

1. Notify Dr. Wilson if you have any increased bruising or asymmetrical swelling. This may be a sign of bleeding.
2. Take pain medications as prescribed. Only take the medications as needed. Do not take ibuprofen, aspirin or Aleve. You may start these medications in 48 hours.
3. You may wake up from surgery with foam tape supporting your breasts, if this is present leave it in place until your postoperative visit.
4. Do not use ice unless specifically instructed by Dr. Wilson or his staff.
5. You may have a bra post-operatively. Dr. Wilson will provide this. You may also have a special stabilizing bra (bandeau). If this is placed at the time of the surgery, please wear it at all times. You can remove to shower. If you do not have a surgical bra on post operatively you may wear something that is comfortable for you, confirm with our staff if this is appropriate for your case.
6. You may have a Prevena incision vacuum dressing when you wake up from surgery. This dressings is designed to aid in proper healing of your incisions. The dressing will have a small tube leading to a electronic suction device. This device will make a humming or buzzing noise when the suction is active. The suction will start and stop on its own. If the device making an alarm that does not clear after a few minutes you should contact our office.
7. Resume a regular diet. If the first night you do not feel up to eating, ensure you take in plenty of fluids. Do not take medications on an empty stomach.
8. Shower 48 hours after your surgery. At that time you can remove any dressings, unless otherwise instructed by Dr. Wilson or his staff. Do not soak your incisions.

Post Operative: 2 days to 2 weeks

1. Resume a regular complete diet.
2. Refrain from exercise for two weeks at which point you can start light activities. No heavy exercise for six weeks. No push-ups for six weeks.



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3. Do not wear an underwire bra unless instructed by Dr. Wilson or his staff. You can resume wearing an underwire bra six weeks after your procedure.
4. Tracy or Sarah will demonstrate the appropriate implant displacement exercises. Perform these as indicated. It takes approximately three months for your implants to settle into the correct position.
5. You can resume your Aspirin and other medications associated with bleeding risk one week after your procedure.
6. Do not hesitate to call the office with any questions.

In case of an emergency please contact the office at 603-294-4526.