
Postoperative Instructions Breast Augmentation**First Day Following Surgery**

1. Continue to take antibiotics, one per day for ten days.
2. Resume showers tomorrow (second day following surgery), but no tub baths.
3. No shaving or deodorant (deodorant soap is okay).
4. Bra placed today should be worn day and night for one week.
5. Strap provided should be worn AT NIGHT (1 inch above the nipples) over the bra for 1st week.
6. No mouth to nipple contact for 3 months (this can cause infection).

One Week Following Surgery

1. Can shave armpit.
2. Can use spray to powder deodorant.
3. One aspirin twice daily until armpit is level (until lumps, bumps, and streaks are gone).
4. Do arm exercises until armpit is level (put arms straight above head twice daily).
5. No mouth to nipple contact for 3 months.
6. Wear under wire bra during the day when comfortable (make sure support is good).
7. Sleep in jog bra for 3 months (this can cause infection).
8. Antibiotics to be taken before any future dental work for first year.
9. Vitamin E 1000U daily.

Please call the office if you have **any questions** or if we may be of assistance.

Please **call the office at 916-419-4588** if you develop a temperature or have any concerns that need immediate attention. **If the office is closed**, please dial Ext. 5 to be connected with Dr. Heir's cell phone.