

Post Operative Instructions  
Breast Augmentation with a Lift  
Dr. Lee Corbett

**Diet:** Eat and drink whatever you'd like. Do not drink alcoholic beverages of any kind while taking pain medications or muscle relaxants. I will not prescribe a muscle relaxant if we put your implant on top of the muscle.

**Medications:** Take your pain medication, muscle relaxant, and antibiotics as directed on the bottles. If you are running out of pain medicine let me know ahead of time. I cannot call in many narcotic prescriptions as it is against the law. Resume your normal home medications after surgery unless I specifically direct otherwise.

**Showering:** It is ok to shower 48 hours after your surgery. Do not take a bath. Remove all bandages before showering and replace afterward.

**Stitches:** At 48 hours it is ok to peel off the bandage over the stitch(s). The stitches will come out at your post op visit.

**Bras:** I typically recommend you wear a bra with no underwire that is comfortable. A sports bra is what most of our patients find to be the most effective.

**Follow-up:** Call the office when you get home to arrange a follow-up visit. I will see you in the 12 to 14 day period post operatively for suture removal.

**Activity:** No strenuous exercise for the first two weeks. Avoid reaching overhead. Do not do any heavy lifting, pushing or pulling. It is ok to walk up and down steps.

**Swelling:** The upper part of the breast is always swollen at first. This will give the appearance that the nipple may still be too low. This will get better in the first 2 to 3 weeks after surgery but can take up to 6 to 8 weeks to resolve. **If you experience sudden, severe swelling of one breast call the office immediately.**

**Smoking:** Smoking impairs wound healing. **DO NOT SMOKE!!!** The nicotine in the cigarettes causes the blood vessels to spasm closed. If the healing tissue doesn't get enough blood the incision may not heal or your nipple may die and fall off your breast!

Post Operative Instructions  
Breast Augmentation with a Lift  
Dr. Lee Corbett

Alcohol: Do Not Drink Alcohol with Pain Medicine.

Driving: Do not drive until you are off of your pain medications. If you drive while taking narcotics you can be arrested and charged with DUI. Also, it is now a law that you must wear a seatbelt while driving. If your breasts are too sore to wear your seat belt you should not drive.

If you have a question, PLEASE CALL. The office number is 502- 721-0330 and it is answered 24 hours a day 7 days a week.