



Breast Augmentation Aftercare Instructions

Have someone available to stay with you and assist you for the first 24-48 hours after surgery, as you will feel weak and tired. You may need help getting out of bed the first few times.

It is essential to get out of bed early and often after surgery (with assistance) to prevent postoperative problems like blood clots. Take deep breaths frequently, about 15-20 per hour, to keep your lungs clear.

When resting, keep your head elevated about 30 degrees by using two pillows. Keep your knees slightly bent as well.

Diet

Take pain medication. Eat a light diet after surgery - start with liquids like water, juice, and broth. Slowly progress to soft foods like Jello, soup, and applesauce. You can resume a regular diet the day after surgery.

Start with light food like crackers, Jello, etc., to avoid nausea.

Activity Restrictions

For the first 48 hours, keep your arm movements to a minimum. Do not use your arms to lift your body or heavy objects. Do not push up with your arms when getting up from bed.

If you have drains placed after surgery to remove fluid buildup, empty the gutters twice daily or when half total, and keep a record of the time and volume drained. Drains are typically removed 48 hours after surgery if draining less than 30cc in 24 hours. You may shower 24 hours after surgery. Do not soak the incisions.

Do not resume strenuous exercise and activities for 3 weeks. After 48 hours, you can do light daily activities carefully. Okay, to drive 5-7 days after surgery if you can turn the steering wheel entirely without significant pain.

Incision Care

Dermabond skin glue will protect the incisions for 7-10 days. You can shower with it on. If you have sutures instead of glue, they will be removed in 7-10 days. Wear sterile strips on incisions for 3-4 weeks after suture removal.

Apply scar cream to incisions as directed to aid healing—massage scars.

Avoid direct sun on incisions for 6 months. Use SPF 30 sunscreen on them.

Wear a surgical or soft bra 24/7 for 4 weeks, then switch to a camisole or underwire bra.

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Recovery

- Swelling, bruising, and numbness around the breast area are normal for 2-3 weeks after surgery as you heal. Gradually, this will improve.
- Your breasts may seem too high and significant initially, but this will resolve as they settle into position over the first 4-6 weeks.
- Start [breast implant](#) massage exercises 3-5 days after surgery and do them 3x daily for 6 months, then 2x daily for 6 months, then once daily lifelong. It helps prevent capsular contracture.

Follow Up Appointments

- Schedule follow-up visits with [IranHealthAgency](#) at 3 weeks, 6 weeks, 6 months, and 1 year after surgery.
- Notify your Doctor or IranHealthAgency if you have any concerns like a fever over 100°F, increased redness/pain at incisions, nausea with medication, etc.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

Contact Information:

24-Hour Emergency Hotline: +989030549050

General Inquiries: Info@iranhealthagency.com

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: www.iranhealthagency.com

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



International Care, Local Comfort

Get in touch:

