



Renaissance Clinique

Beauty through Art, Science & Technology

Augmentation / implant exchange post-operative instructions

1. If your surgery is performed in the office or at an outpatient facility, have someone drive you directly home.
2. Wear loose fitting clothing that does not have to be pulled over your head, i.e. a button-down blouse, and loose fitting skirt or pants.
3. Stay quiet for the first 24 hours, with your head elevated. Sleep on your back. No strenuous activity for 24 hours. Exertion that elevates the blood pressure can cause bleeding.
4. You may apply ice to the sides of your breasts during the first 24 hours after surgery. This can help to minimize swelling and discomfort.
5. If you experience pain, please take your prescribed pain as directed. Tylenol (Acetaminophen) may be taken in place of the prescribed medication. Avoid medications containing aspirin or ibuprofen. Avoid alcohol while taking medications.
6. You may be discharged on an oral antibiotic. Please take this antibiotic as prescribed and instructed by your doctor.
7. Call your doctors office immediately if you experience any of the following symptoms: Temperature above 101.8°F, shakes and chills, severe unrelieved pain, or bright red blood from the incision site.
8. Avoid vigorous or strenuous arm movement for 3 weeks. No sunbathing before being told you may do so. Avoid becoming overheated.
9. Be aware that smoking or the use of unauthorized medications can lead to complications and jeopardize the results of your surgery.
10. You may start showering 24 hours after your surgery. Wash the incision with a mild soap and pat dry.
11. You may hear or feel a swishing, sloshing or squeaking sound coming from your breasts for the first week or two. This is normal. It is an antibiotic that will slowly be absorbed by your body. Your implants are not leaking.