



Renaissance Clinique

Beauty through Art, Science & Technology

Endoscopic Breast Augmentation Post-Operative Instructions

1. After getting home, continue resting comfortably for the next 24 hours with your head elevated. Sleep on your back with 3 to 4 pillows behind your head and back.
2. To help minimize swelling and discomfort, you may apply ice cold compresses to the sides of your breasts during the next 24 hours after surgery.
3. If you experience pain, please take your prescribed pain medication as directed. This medication should be taken with food to prevent nausea. Tylenol (Acetaminophen) may be taken in the place of your prescription.
4. You will also be discharged with an oral antibiotic that should be taken through its full cycle as directed.
5. If you were on the Vita Medica supplement plan you may resume after getting home. **No other medication** should be taken for the first 10 days after surgery. Avoid alcohol while taking any medications.
6. 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 or sudden onset of significant swelling of one or both breasts.
7. Drink plenty of fluids. It is easy to become dehydrated after surgery. Dehydration may cause nausea and dizziness.
8. You can expect edema (swelling) and ecchymosis (bruising) of the surgical area post-operatively. The amount of edema and ecchymosis varies with each individual.
9. **Shower 24 hours after your surgery.** Wash the incision with a mild soap and pat dry. If there is tape (Steri-Strips) on your skin, leave these in place. The doctor will usually remove these on your first post op visit. If there is surgical glue, **do not** pick at it or scrub hard. Do not shave or use deodorant for the first week following surgery.
10. Do not engage in any strenuous activities for the next 24 hours. Exertion that elevates blood pressure can cause bleeding. You may resume light exercise and or your normal activities after your first post operative visit with your doctor.



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11. You may hear or feel swishing, sloshing or squeaking sound coming from your breasts for the first week or two. **This is a normal occurrence.** It is an antibiotic that will slowly be absorbed by your body. Your implants **are not** leaking.

12. You may notice a small bump or bruise under one or both arms, this is normal and will resolve on its own. 10 days after your surgery you may massage the area to help bring it down.

13. Do not be alarmed if there are slight differences between your breasts with regard to size, shape, sensitivity of other characteristics. It may take several weeks to months to completely even out. These are usually the result of swelling and activity differences between each side.

14. Avoid direct sun exposure to your breasts for three weeks after surgery.

15. Be aware that smoking or the use of unauthorized medications can lead to complications and jeopardize the results of your surgery.