



NINA S. NAIDU
MD FACS

BREAST AUGMENTATION WITH FAT TRANSFER INSTRUCTIONS

1. After you leave the surgical center, go home and take a two-hour nap. Your caregiver should get you up after that time and get you moving.
2. Have a substantial meal; crackers and juice are not enough. Make sure you have something with a little bit of sugar in it to give you some energy. Post-operative nausea usually occurs within 3-4 hours after surgery, and you should be past this point after you've awoken from your nap. If you feel nauseated after this time, it is usually secondary to taking medication on an empty stomach.
3. After you've eaten something, take some pain medication, wait 30 minutes, and then get into the shower, with assistance if necessary. You may wipe off the purple markings, but leave the Steri-strips on your incisions. You may wash your hair by gently lifting your arms above your head. You may dry your hair afterwards by gently using your arms above your head.
4. You should do your normal activities around the house and outside. Your only restriction is to avoid strenuous activity, include sex, for **2 weeks** after surgery. Raising your heart rate and blood pressure can cause internal bleeding, which can necessitate a return trip to the operating room.
5. You will run out of energy during the day and may need to take a nap. After your nap, get up and move around again normally. The more you move, the better you will feel.
6. Do not sleep on your stomach for 6 weeks. Avoid compression to the breasts and do not wear a bra for 6 weeks. Most swelling will have resolved by **3 months** at which time patients typically see their final results.

7. Dr. Naidu or her nurse will call you the day after surgery to check on you. If you have any concerns, please feel free to call the office at 212-452-1230. Issues of concern to watch for include a sudden increase in the size of one or both breasts, high fever, redness or warmth of the breasts, significant oozing from the incisions, and severe pain.