



## **BREAST IMPLANT REVISION INSTRUCTIONS**

1. After you leave the surgical center, go home and take a two-hour nap.
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. If drains were placed during surgery, please empty them and record twice daily as you were taught by the recovery nurse at the hospital or surgical center.
5. 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.
6. You will note moderate swelling of the breasts for **at least 6 weeks** following surgery, and in some cases longer if more extensive work was performed. Please be patient with the process as your breasts heal.
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.