



KYLE R. WANZEL MD, MEd, FRCS(C)
Plastic, Reconstructive and Cosmetic Surgeon

1243 Islington Ave., Suite 600, Toronto, ON M8X 1Y9

Phone: (416) 236-2571 Fax: (416) 236-4591

www.plasticcosmeticsurgery.ca



Post-Operative Instructions for Breast Augmentation

Before your operation:

1. ***Purchase and bring a new support bra*** (i.e., “Sports Bra”) of the appropriate size to the operating room as it will be worn post-op for 24 hours a day for the first 4 weeks post-op

After your operation:

1. Take your medication(s) as prescribed
2. Expect a small to moderate amount of pain, tenderness, swelling, numbness and bruising
 - i. It is not unusual for one breast to be slightly more swollen or bruised than the other
3. Smoking may delay the healing process
 - i. If you smoke, reduce the amount as much as possible (or better yet, quit) for at least 2 weeks before and 2 weeks after surgery
4. During the first week, the majority of your time should be spent relaxing, although some leisurely walking is permitted
 - i. No strenuous activity or heavy lifting with the arms is permitted for 6 weeks
5. Leave your dressings dry and intact (i.e. no showering) until the first post-op visit
6. Return in approximately 5 days for reassessment and inspection of incisions
7. You may shower daily (after the first post-op visit) and gently pat towel dry
8. Leave all paper tapes on over the incisions until they start to lift off on their own (you may shower with these on and get them wet)
9. Return again in approximately 1 week for reassessment and suture removal
 - i. Breast exercises/massage instructions will be given to you at this time
10. Normal activities and running are permitted at approximately 3 weeks post-op, but more strenuous activity or heavy lifting with the arms should be avoided until 6 weeks post-op

IF YOU HAVE ANY CONCERNS AT ALL, PLEASE CONTACT THE OFFICE