

Notes:

Augmentation Mammoplasty: Care At Home

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>
Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>
Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>
Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Plastic Surgery

Designed by: Nova Scotia Health Library Services

The information in this brochure is for informational and educational purposes only.
The information is not intended to be and does not constitute health care or medical advice.
If you have any questions, please ask your health care provider.

WS85-0649 © July 2021 Nova Scotia Health Authority

The information in this pamphlet is to be updated every 3 years or as needed.

Follow-up

Your surgeon will see you for a follow-up appointment on _____.

If you do not have a follow-up appointment scheduled, call the Plastic Surgery Clinic.

My surgeon: _____

Plastic Surgery Clinic
4th Floor
Halifax Infirmary, QEII
Phone: 902-473-7518

Contact your surgeon or primary health care provider right away if you have any of the following symptoms:

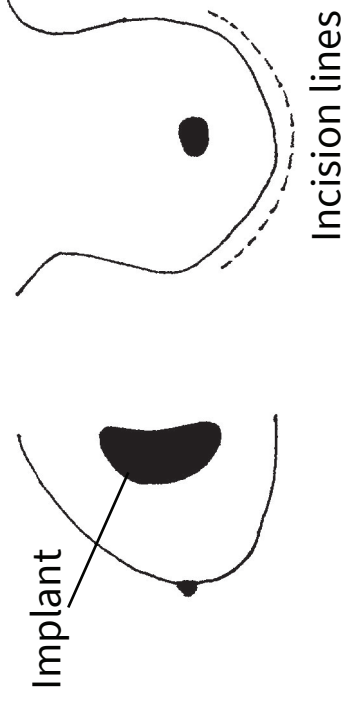
- › Breast or chest wall swelling in a short amount of time in the first 24 hours (1 day) after surgery. This could be a sign of hematoma (blood pooling). The breast may keep getting more full and firm, and you may have swelling and a feeling of pressure. This usually happens in one breast or on one side of the chest.
- › Redness, swelling, or warmth around the incisions
- › Drainage from the incisions
- › Any separation (pulling apart) of the incisions
- › Increasing pain or tenderness around the incisions
- › Pain that is not relieved by your medication
- › Fever and/or chills

If you cannot reach your surgeon or primary health care provider, go to your nearest Emergency Department.

Augmentation Mammoplasty: Care At Home

How is the surgery done?

An augmentation mammoplasty (breast enlargement) is usually done under general anesthetic. This means you will be put to sleep for the surgery. The surgeon will make a pocket between the chest wall and breast tissue. They will then place a saline or a gel implant into this pocket.



After surgery

You may be able to go home on the day of your surgery.

Care of your incision

- You may have a binder dressing. This goes over your breasts and around your body. It can be removed in ____ days.
- Small pieces of tape (Steri-Strips™) will be placed over the incisions (cuts). These will be removed by your doctor in 7 to 10 days.
- In rare cases, you may have drains to prevent any fluid from collecting. They should be removed after ____ days.
- You will need a soft supportive sports bra. Your doctor will tell you when you can wear a regular bra.
- Ask your surgeon when it is safe for you to shower after your surgery. This is to give your incision time to heal.
- **Do not take a bath or swim** until your surgeon tells you it is safe.

Discomfort

- You may feel tired and sore for a few days. This is normal.
- You may be given a prescription for pain pills before you leave the hospital.
- There may be a burning sensation (feeling) in your nipples for about 2 weeks. This will go away as the bruising heals.
- Swelling in your breasts may last for 3 to 5 weeks after surgery.

Activity

After your surgery:

- › **Do not do any strenuous (hard) exercise for 4 weeks.**
- › **Do not lift anything over 5 pounds for 4 to 6 weeks.**
- › You may lift your arms to gently comb your hair.
- › Try to move more each day (such as going for a short walk).
- › If an activity hurts, avoid it.
- › Return to work when your surgeon tells you that you are ready.