



TAROLA PLASTIC SURGERY  
NICHOLAS A. TAROLA, MD

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## Breast Augmentation

**Remove Wrap** the day after surgery. If you were placed in a bandeau strap, continue wearing for two weeks and remove only to shower.

**You may shower after you remove the wrap.** Begin peeling the glue off 1-2 weeks after surgery. You may apply scar gel 2 weeks after surgery.

**Wear a soft cup for 4 weeks after your surgery.**

**No underwire bra until cleared by Dr. Tarola or his staff.**

**No heavy lifting for 4 after surgery (no more than 10lbs.).** You may resume light normal activities within a few days. Avoid vigorous activities for 4 weeks.

**Do not place ice or heating pads on breasts.**

**You will be given instructions at your first post-operative visit on implant massage.**

**Tightness in the chest region and stiffness:** Tingling, burning or intermittent shooting pain are normal experiences as you heal. Pain medication and muscle relaxants will help you cope with any discomfort. **Consistent sharp pain should be reported to our office immediately.**

**Shiny skin or any itchy feeling:** Swelling can cause the breast's skin to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling of the breasts. An antihistamine like Benadryl can help to alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**

**Do not smoke** for at least 14 days following surgery. **Do not drink alcohol** while taking prescription medications.

**Do not drive** for at least 2 days following surgery or while taking prescription medications.

**CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:**

- **A high fever (over 101°), severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations**
- **Any pain that cannot be controlled by your pain medication**
- **Bright red skin that is hot to the touch**
- **Excessive bleeding or fluid seeping through the incisions**
- **A severely misshapen breast or bruising that is localized to one breast or region of the chest**

**Try to sleep on your back** for one week following surgery to help your implants stay in the correct position.

**Remember to use sunscreen** under your swimsuit and when incisions are exposed to the sun for at least one year.