



## **BUFFALO PLASTIC SURGERY**

**DR. TAMARA B. DAWLI**

### **Instructions for Breast Augmentation Surgery**

1. After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you will be weak and drowsy. You may require help the first few times you get out of bed.
2. It is important to get out of bed early and often after your surgery (with assistance) to prevent postoperative problems. You should get up and walk every hour while awake.
3. A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or Jell-O. You may start a regular diet the next day.
4. For the first 48 hours keep your arm movements to a minimum. Your arms should not be used to support your body or lift anything heavy. Do not push with your arms to lift yourself in bed.
5. Leave the dressings in place. Leave the operative bra and tape in place. These will be removed at your first visit. You will be able to start wearing an underwire bra 3 months after surgery.
6. **DO NOT SMOKE.** Do not smoke or be around smoke for 6 weeks before and 6 weeks after surgery.
7. Strenuous activities and exercises are to be avoided until 3 weeks after surgery. (heart rate should stay below 100 beats per minute.) This includes sexual intercourse and sexual activity. You may gradually resume normal daily activities after 48 hours being careful to avoid any activity that causes pain or discomfort. Everyone's recovery is different. Driving may be resumed when a sharp turn of the steering wheel will not cause pain; this is usually within 5-7 days. You may sponge bathe after your surgery. Do not shower until cleared to do so by Dr. Dawli.
8. Breast implant massage should start 3-5 days after surgery. An illustration is provided will show you how to perform these breast exercises. The importance of the breast exercises cannot be over emphasized. They help to prevent capsular contractures and promote healing of the chest muscles. You should be committed to doing these exercises on each breast three times daily for life.
9. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact or tanning booths are to be avoided and use a sunscreen with SPF of 15 with UVA and UVB protection for at least 6 months. The incision scars can be massaged with the scar therapy cream (see scar care instructions.) This will promote early softening and maturation of these areas.

### **WHAT TO EXPECT AFTER SURGERY**

- Sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.
- Bruising and swelling are normal for 2-3 weeks. It will disappear over time.
- You will initially feel like your implants are too high and too large. You may feel like one is higher than the other. This will resolve over the first 6-12 weeks post operatively.
- Please note: If you develop a fever (oral temperature greater than 100°), redness and/or increased pain at the surgical incision sites, please call Dr. Tamara Dawli immediately.

### **Follow up:**

Dr. Dawli will be available to you at all times with any questions. Please call the office at 716.821.2935 or email at [info@buffaloplasticsurgery.com](mailto:info@buffaloplasticsurgery.com).

You will have your first post operative appointment within the first 3 days after surgery and then you will be seen again 7-10 days later. The office will set up all of your appointments.



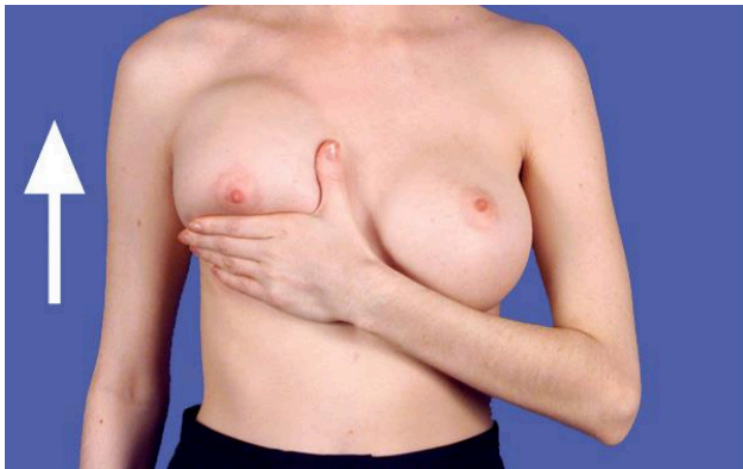
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### **Instructions on Performing Breast Massage**

#### **Breast Implant Exercises**

These exercises help to prevent capsular contracture (the development of scar tissue around the implant) and also help promote healing. The exercises should be performed 3 times daily for the first 6 months, twice daily for the next 6 months, and then 1 time daily for life. Each breast should be pushed gently and held in position of a few seconds before release. (One exercise includes both directions)



- 10 exercises 3 times daily for the first 6 months
- 10 exercises 2 times daily for the next 6 months
- 10 exercises one time daily for life



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### **Instructions on Medications after Surgery**

#### **Pain Management:**

1. Take Tylenol 650 mg scheduled every 6 hours whether or not you are having pain. Do not take it if you have a liver problem or allergy. Be sure to take it with food. You will be prescribed Tylenol.
2. Take the Oxycodone for breakthrough pain that is not controlled by Tylenol. You will be prescribed Oxycodone.
3. You can start Motrin one (1) week after surgery. After the first week, you can take both Tylenol and Motrin every 6 hours.

#### **Antibiotics**

1. You will be prescribed an antibiotic to prevent infection. Please take your antibiotic as directed.

#### **Stool Softener/Constipation Prevention**

1. Take Colace 200mg twice a day to prevent constipation. You will be prescribed Colace.
2. If you have not had a bowel movement 48 hours after surgery, then you should start over the counter Milk of Magnesium.

#### **Nausea**

1. If you have nausea after general anesthesia, then you should take Zofran 8mg every 8 hours as needed for nausea. You will be prescribed Zofran.

#### **Vitamins**

1. Take your Vitamin C supplementation and Multivitamin after surgery for 6 weeks.



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### Instructions on Scar Management after Surgery

1. After your dressings are removed and your steri-strips fall off and it has been 3 weeks since your surgery, you can then start silicone gel therapy to treat your scars.
2. We recommend using NewGel Scar gel silicone therapy strips after surgery and continuing for 3 months after surgery. (Please note: we have NO financial ties to the company.)
3. Here are the strips we recommend. We have provided you with a promotional code: Newgel216 for 10% off. You can find them on the website: [www.newgelplus.com](http://www.newgelplus.com)

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