



## Breast augmentation week 1 instructions

### After your first postoperative visit

Leave the steri strips and glue alone for 7 to 10 days. Keep them clean and dry. If you shower above the waist, then only stand with your back in the shower. Some drainage on the steri strips is normal. You may remove the steri strips between 7 and 14 days.

No heavy lifting, more than 20 pounds for 3 weeks.

Wear a bra, 24/7. It should be a support bra. It should NOT be a sports bra, as that will compress and push the implants up. A wire bra may rub on the incision, but you can remove the wire by making a small cut and pulling it out and saving it for later. You can use the surgical bra if you like.

You may be instructed to wear the band over the top of the implants. This is to push the implants into the best position. The skin of the lower pole can be tight pushing the implant up, and by wearing the band it stretches the skin. You will need to wear it at least two weeks. Wearing it over a T shirt may be more comfortable. You cannot wait and do it later, as then the implants will be stuck in the higher position. If at two weeks you are happy with the appearance and position, you can discontinue the band.

If you have significant problems we would need to see you in person. If you are progressing well, the followup appointment can be a virtual appointment. Before hand load recent pictures including front and side views to your TouchMD account. The virtual appointment will be Doxy.me by going to <https://lowaPlasticSurg.doxy.me/doctor>

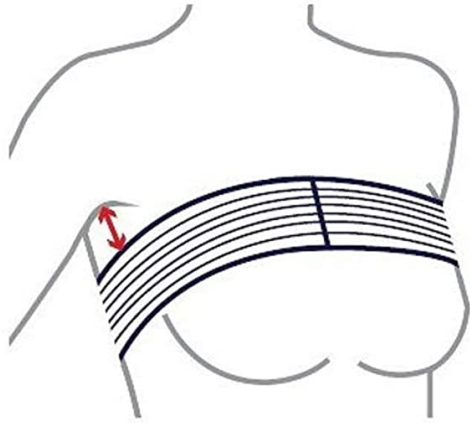
You may also call the office with questions Monday thru Friday 9 to 5 pm at 563-322-8877

### After the virtual appointment

The most common issue is the dissolvable sutures. They do not need to be removed but different patients have different reactions to them dissolving. Some it almost acts like a pimple with some drainage and irritation. Treat it like a pimple and clean, apply antibiotic ointment and a band aid.

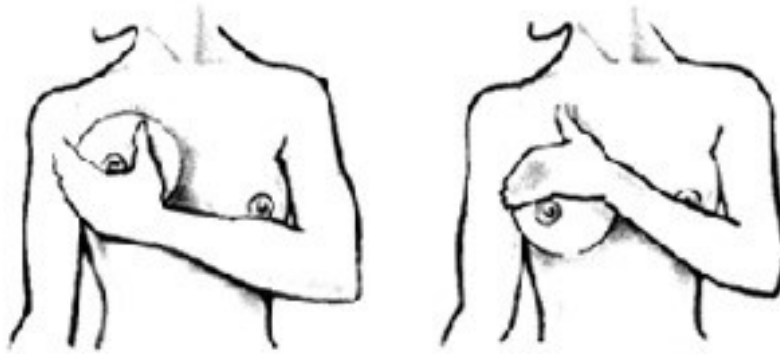
You will be instructed to begin the massage exercises at 3 weeks. For shaped or textured implants, waiting 3 weeks is the preferred recommendation. You will massage or push the implants with your opposite hand up, down, and towards the middle. You will do that twice on each side, morning and evening, forever. This is thought to keep the implants soft. This will also help if you are having discomfort, nerve pain, or spasm on one side. That type of pain is also common.

Dr. Van Raalte recommends sleeping with support for your breasts, either a bra, or sleepwear with a built in bra. It is thought there is less droop or sag, and less drift towards the armpits over time.



How to wear your breast band week 1 and 2 post operative

Week 3



Starting at 20 days after surgery, you can massage the implants. This is thought to keep them softer and prevent capsular contracture. It is also helpful if you are having discomfort, muscle spasm, or nerve pain.

Push each implant up, down, and towards the middle. Repeat for a total of two times. Do it in the morning and evening. Do it for the rest of your life.

