



TAROLA PLASTIC SURGERY  
NICHOLAS A. TAROLA, MD

**Breast Augmentation**

**Remove Wrap** the day after surgery.

**You may shower after you remove the wrap.** Leave tapes in place. Pat tapes dry after your shower.

**Wear a soft cup or sports bra for 4 weeks after your surgery.** You may re-wrap yourself in ace wrap if it is more comfortable until seen at your first post-operative visit.

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

**No heavy lifting for 4-6 weeks after surgery (less than 10lbs.).** You may resume normal activities in 1 week. Avoid vigorous activities for 2 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. These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication and muscle relaxants will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort.

**Consistent sharp pain should be reported to our office immediately.**

**Shiny skin or any itchy feeling:** Swelling can cause the breast 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 two weeks 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.**