



Surgical Artistry

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T. Tammy Wu, MD – Board Certified Plastic Surgeon
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Acupuncture · Botox · Breast · Cellfina · Liposuction · Facelift · Eyelids/brows · Obagi skin care · Spider Veins

Breast Augmentation Postoperative Instructions for Dr. Tammy Wu

Day 1:

- Make sure to keep your dressings clean, dry and intact until your first postop appointment.
- Please try to stay elevated (45 to 60 degrees) for one week after surgery; this will help implant settling as well as help swelling resolve faster.
- We will see you in office one day after surgery to put your front closure bra on; **please remember to bring your front closure bra with you to your first postop appointment.** You will be wearing this bra for the next 6 weeks and Dr. Wu will let you know when you can wear a regular bra. Keep in mind you cannot drive yourself to this appointment.
- Please make sure to have a responsible caretaker with you for at least 1 week after surgery.
- Please take all prescriptions as directed by Dr. Wu. Medications are a very important part to recovery. If you have any issues or questions about this please give us a call.
- For 6 weeks after surgery, please avoid vigorous activities, contact sports, lifting over 5 pounds and bending over.
- Do not raise your heart rate during this postoperative period. Stay calm and minimize excitable activities. Eat well, sleep well so your body can heal well.

Day 3-7:

- You can shower three days after surgery but no taking baths. Make sure to keep your steri-strips on as long as possible. If the edges curl up, you may trim them. Never pull these strips off, they will fall off on their own. However, if you start reacting to the steri-strips with redness, itchiness or blisters, please call us right away and carefully and gently remove the steri-strips immediately.
- You will see Dr. Wu for your next postop appointment one week following surgery. You will learn your breast exercises (only for primary breast augmentations) and follow up on your progress.
- After this appointment you are able to drive yourself as long as you are not taking any pain medication and you are completely certain that you can comfortably get in/out of the car and make all turns. There is no rush to start driving. The longer you allow yourself to rest, the better recovery and outcome you will have.

Week 2-7:

- Please make sure you reach out to us with any concerns.
- Continue to wear your front closure sports bra, avoid vigorous activities, contact sports, lifting over 5 pounds and bending over.
- Stay calm and minimize excitable activities, do not raise your heart rate during this post-operative period.

- We will see you at your 6-7 week mark. If all is well, we will release you from the restrictions above.

Important things to remember:

- Avoid swimming of any kind including pools, lakes, oceans or hot tubs for 6-8 weeks.
- Make sure you drink enough water and stay hydrated, eat well, sleep well, and always listen to your body at all times so you can heal well.
- Do not expose your scars to direct sunlight for at least 6 months to one year after surgery to minimize visibility of the scar.
- Flu, allergy and vaccine shots must be 6 weeks prior or 6-12 weeks post. No tattoos including microblading 4 weeks prior and at least 6 months post surgery.
- Discontinue alcohol 2 weeks prior to surgery and 6 weeks after surgery. Do not smoke or drink during the post op period.
- A stool softener is always a good idea since you may be constipated after surgery.
- No pushup bras for one year once you are released to wear regular bras.
- For the next 3-5 years you will need to pre-medicate with antibiotics prior to any dental work. You may call us to prescribe your antibiotics.