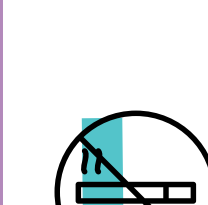


Journey

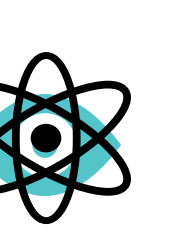
Pre-operative DO's and DONT's

Inform us about your routine medications and any diseases.



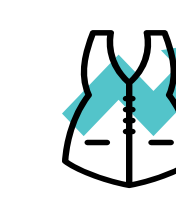
Do not take Aspirin, Alieve, or Ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully.

Do not eat or drink anything, including water, after midnight the night before your surgery.



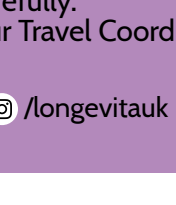
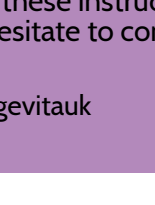
Stop smoking for 2 weeks before the surgery, and avoid alcohol consumption one week prior to the surgery.

Make sure that you have filled the prescriptions you were given and set the medications out to bring with you to the hospital.



Do not wear make-up, moisturizers, creams, lotions on the day your procedure is scheduled.

Wear only comfortable, loose-fitting clothing that button or zips in the front.



Do not wear jewelry, contact piercings and remove any piercings and nail extensions on the day of the procedure.

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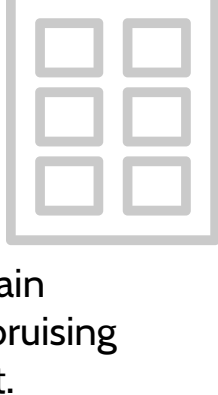
Recovery Timetable

Post-Operative WHAT to EXPECT?

Day 1

Return to hotel.

Expect maximum pain, soreness, swelling, bruising and mild discomfort.



Day 5-14

Stitches will be dissolved themselves between weeks to month.



Day 2-4

Attend check-up appointment!

Dressing will be changed by your surgeon.



Week 2-4

Swelling has begun to go away.

Expect to have swelling until you have completed your third months.



1 YEAR ENJOY YOUR FINAL RESULT!

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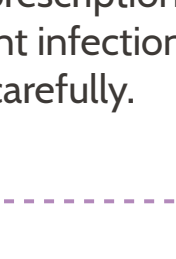
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Expected Discomfort

Post-Operative WHAT to EXPECT?

Wound Infection:



You will receive a prescription antibiotic to prevent infection, please take them carefully.

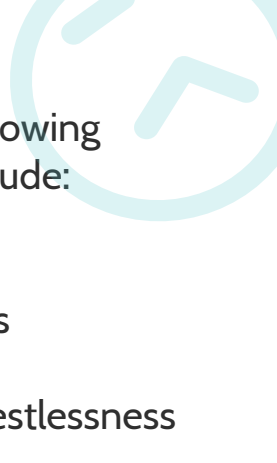
Pain

You may have sudden pains which is totally normal. You may control your pain if you take a pain killer before it gets severe.



Cramps

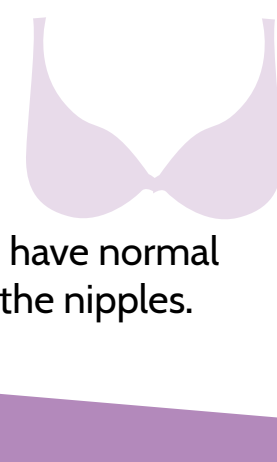
You will receive a pain killer which can relieve muscle-related discomfort, especially in your back, neck, chest, or shoulders.



Discomfort

Typical discomforts following breast surgery may include:

- Mild sore throat
- Thirst
- Constipation and gas (flatulence)
- Sleeplessness and restlessness



Sensitive Breasts

You may not have normal sensation in the nipples.



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Personal Care

Post-Operative DO's and DONT's

Avoid strenuous activity, heavy lifting and vigorous exercise until the stitches are removed.

Take short and frequent walks. Slowly increase the length of the walks as you feel up to it. Listen to your body and remember you need rest to heal.

Sleep on your back, not your stomach or sides, for many weeks.

You may resume your regular diet as soon as you can take fluids after recovering from anesthesia.

No sexual activities for a month.

Please avoid drinking alcohol while using the pain medications.

On the second day following surgery, you may remove your bandage, but not the steri-strip bandages along the incision. At this time you may shower, carefully patting dry the bandages. No baths, hot tubs, or swimming will be allowed for many weeks.

If you had implants, you may start to make a daily massage once you completed your first month.

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Personal Care

Post-Operative DO's and DONT's

If you are a smoker, you should not smoke for at least 2 weeks after surgery.

Smoking and chewing tobacco inhibit your circulation and can significantly compromise your surgical outcome.

You should do no vigorous exercise and should avoid any significant physical exertion, lifting or straining for a minimum 6 weeks of after your surgery.

Generally, plan on taking it easy. Although your breast will not feel painful while healing, it is still susceptible to injury.

Minimize sun exposure to the surgical areas for at least 12 months. Always use a sunscreen with a high SPF when going out in the sun.

You may start driving 3-4 weeks after the surgery.

Please discuss it with your patient relations specialist.

You may wear the bra that is given you by your surgeon for 1 month.

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Be Patient for A Great Result!

Post-Operative DO's and DONT's

When Can I Get Back to Work?

Most people return to work within two to four weeks.

Return to work varies with your type of work, your overall health and personal preferences.

Discuss returning to work with your patient relations specialist.

Be Patient!

The healing time for breast surgery is often less than expected and the results are worth to wait!

Please do not ever hesitate to contact your dedicated patient relations specialist.

Take Care!

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