



Kavali
Plastic Surgery

POST-OPERATIVE INFORMATION AUGMENTATION MAMMAPLASTY

You have just had a delicate operation on your breasts. The following information is intended for your well being and will assist you during your recovery period. It is not a substitute for our personal attention or interest in you. In fact, each operation receives special and individual thought. If you have any questions, please do not hesitate to ask.

Following surgery, you will go to the post- anesthesia care unit. A dressing and bra or ace bandage will be in place. Following your operation, your tissues will react with swelling and a feeling of tightness, which will be responsible for discomfort. Your discomfort will resolve gradually over the next few weeks and you may gradually increase your activity. You can expect to feel sleepy for a day or two after surgery as well.

Dressings/Activity:

Please wear your bra or ace bandage at all times for the first six weeks, unless you were not given one at the time of surgery. That decision is made during surgery. You may remove these items to shower, of course. You may shower two days after surgery. Please leave any tape directly over the incisions in place. You may wash over them with gentle soap. You may raise your arms over your head, which may hurt the first few times, so just do it slowly and gently initially. Please do not lift heavy objects (>20 pounds) for at least 2 weeks. Avoid strenuous chest exercises and major heavy lifting for 6 weeks after surgery, but you may begin milder activity whenever you feel like it.

Driving/Medication Effects:

You can begin driving once you meet the following criteria:

1. You no longer need narcotic pain medicine. It's okay to be taking motrin, but you should not be taking vicodin or percocet or darvocet (or any other narcotic) while driving.
2. You feel comfortable enough to react appropriately in traffic.

Do not make any important decisions or sign any important papers in the 24 hours following surgery, or anytime while taking pain medication.

Mammograms:

Remember, mammograms following breast implant placement must be performed in a special manner. Extra views are necessary and may increase the cost of mammography. You should generally have your mammograms performed by mammographers who have the skill and training to perform this special exam. The radiologist needs to be informed of your implants.

Healing:

The swelling and bruising will leave in time but may settle over your lower ribs-- this is expected. The majority of the bruising and most of the swelling does resolve within a few weeks. It may take up to 3 months for your implants to fully settle and we advise against underwire bras during this time. It generally requires six months and possibly up to one year for you to have what will be your final shape. Please be patient. We will discuss scar treatment at your first follow-up appointment one week after your surgery.

Diet:

Begin with liquids and light foods Jell-O, crackers, soups, etc., gradually progressing to a normal diet. Drink plenty of liquids for the first 48 hours. A good amount of lean protein and a multi-vitamin are important for healing.

Medication:

Have your prescriptions filled before your surgery date. Use prescription medications for relief of pain as directed. **Read the enclosed medication instruction sheet carefully.**

You may use Tylenol if you wish. However vicodin and percocet and lortab, as well as other pain medications contain Tylenol. Do not take these medications and Tylenol together, as you may be taking too much Tylenol. Too much Tylenol can cause liver damage and other problems. If you are unsure about a particular medication, please call.

If you have questions or concerns:

Please call the office if you have any problem or question that concerns you. You should call the office at 404-250-3333. If it's after hours or on the weekend, wait for voicemail and there will be a phone number to reach Dr. Kavali.

If you need immediate attention, or for some reason you are unable to contact me, go to the emergency room nearest your home or at the hospital where you had surgery.

Some reasons to call:

- Fever greater than 101.5 F taken with a thermometer
- Pain not relieved by medication
- Severe pain
- Redness, warmth, drainage or odor from the operative site
- Bleeding (Dark red, thick blood; not watery Kool-Aid appearance)
- Persistent nausea and vomiting
- If you have ANY questions or concerns regarding your condition or surgery

Follow-up:

You should already have an appointment for one week after your surgery date. If you're not sure, call the office to confirm your date and time.