

**J. Jason Wendel, M.D.**

Dr. J. J. Wendel Plastic Surgery  
2103 Crestmoor Road  
Nashville, TN 37215  
[www.drjjwendel.com](http://www.drjjwendel.com)

# Recovery Instructions

**BREAST AUGMENTATION (BREAST IMPLANTS)**

This is an outpatient surgery.

Have someone drive you home after surgery and help you at home for 1-2 days.

Get plenty of rest; follow a balanced diet.

Decreased activity and pain medication may promote constipation, so you may want to add more fresh fruit to your diet, and be sure to increase fluid intake.

Prior to your surgery, pain medication will be prescribed by Dr. Wendel and sent in electronically to your pharmacy.

Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.

Do not drink alcohol when taking pain medications.

If you are taking vitamins with iron, resume these as tolerated.

Do not smoke, as smoking delays healing and increases the risk of complications.

Bring a pillow to pad your chest while wearing a seatbelt.

**Activities**

Walk as soon as possible, this helps reduce swelling and lowers the chance of blood clots.

Do not drive until you are no longer taking any narcotic pain medications.

Do not drive until you have full range of motion with your arms.

Refrain from vigorous activity for 6 weeks. Increase activity gradually as tolerated.

Restrict excessive use of arms and lifting about the head for 1-2 weeks.

Refrain from physical contact with breasts for 4 weeks.

Avoid body contact sports for 6-8 weeks.

Social and employment activities can be resumed in 3-10 days.

No submerging incisions under any type of water including but not limited to the ocean, pools, hot tubs, and baths for 6 weeks.

Physical therapy is not typically necessary for this procedure.

**Incision Care**

You may shower 72 hours after the day of surgery.

Avoid exposing scars to sun for at least 12 months.

Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).

Keep steri-strips and/or surgical glue in place.

Keep incisions clean, dry and inspect daily for signs of infection.

No tub soaking above waist while sutures are in place.

Wear the surgical garment/bra provided to you for 72 hours. You will then need to change into a bra recommended to you on the “Breast Surgery Post Op Bra” document provided to you at your pre op appointment. (Dr. Wendel may let you change to a sports bra after the first visit. The sports bra needs to have a front closure with formed cups (not flat front).

You may remove surgical garment(s) to sponge bathe and/or shower.

Avoid bras with stays or underwire bras for 6 weeks, unless Dr. Wendel instructs you otherwise.

You may pad the incisions with dry gauze for comfort. Panty liners also work well as they are absorbent and inexpensive.

Refrain from sleeping on your stomach for 6 weeks.

### **What to Expect**

Expect some drainage onto the steri-strips covering the incisions.

You are likely to feel tired for a few days, but you should be up and around in 3-5 days.

Maximum discomfort will occur in the first few days after surgery.

After having surgery, it is expected you will experience some pain and discomfort even with pain medications. This is a normal part of recovery.

You may experience some numbness of nipples and operative areas.

You may experience a burning sensation in your nipples for several weeks.

You may experience temporary soreness, tightness, swelling and bruising as well as some discomfort in the incision area.

Your breasts may be sensitive to stimulation for several weeks.

### **Appearance**

Most of the discoloration and swelling will subside in 4-6 weeks.

Your breasts will feel firm to the touch initially but will soften with time.

Scars will be reddened for 6 months. After that, they will gradually fade and soften.

### **Follow-Up Care**

Sutures are dissolvable. They are under your skin and released at the end of each incision.

They are clear in appearance and will be trimmed to the skin line in 2-3 weeks.

Instructions regarding surgical glue removal and scar gel treatment/application will be provided at your post op appointment.

After 3-6 months continue with routine mammograms at a radiology center where technicians are experienced in the techniques required with implants.

### **When to Call**

If you have increased swelling or bruising.

If swelling and redness persist after a few days.

If you have increased redness along the incision.

If you have severe or increased pain not relieved by medication.

If you have any side effects to medications; such as, rash, nausea, headache, vomiting.

If you have an oral temperature over 100.4 degrees.

If you have any yellowish or greenish drainage from the incisions or notice a foul odor.  
If you have bleeding from the incisions that is difficult to control with light pressure.  
If you have loss of feeling or motion.

**Managing Refill Prescriptions**

For prescription refills, please contact our office during business hours (615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m.

PLEASE NOTE: We are unable to refill pain medication of any kind after hours or on weekends. Messages received after hours or on weekends will be processed the next business day.

**For Medical Questions, Please Call:**

(615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.