



COSMETIC SURGERY
OF LAS VEGAS

DR SAMIR PANCHOLI

Breast Enhancement - Post Surgery Care

Breast Augmentation, Implant Replacement, Implant Exchange, Breast Lift, Breast Reduction.

Shopping: Obtain these items before surgery.

- Prescriptions
- Supplies:
 - Q-tips
 - Hydrogen peroxide
 - Antibiotic ointment
- Food - Day 1: Simple, easy to digest foods (toast, crackers, Ensure or Boost, pudding, soup, etc.)
Day 2 and forward: normal diet.

Dressings/Bandages:

- Maintain any surgical tape in place until it is removed by Dr. Pancholi.
- Using scissors, carefully trim any edges of the surgical tape which start to peel off.
- Wear your post surgical bra 24 hours a day until told otherwise.
- You may remove your post surgical bra to wash it or when you take a shower.
- You may shower daily starting 24 hours after surgery.
 - *Do not bathe.*
 - The surgical tape may get wet, but avoid soaking the tape in water.
 - Towel dry the surgical tape first and then use a hairdryer on a cool air setting to complete the drying process. Do not use the warm or heated hairdryer settings.

Sutures:

- Your sutures are dissolvable.

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Patient:

Date: 8/17/2010

Wound Care:

- Starting the first day after surgery, clean your incisions as follows:
 - Keep your surgical tape in place.
 - Shower normally with your soap and shampoo of choice.
 - Do not soak the tape. Do not take a bath.
 - Dry the surgical tape as described above.
- Dr. Pancholi will remove the surgical tape and apply new paper tape at your one week appointment. At this point, clean your incisions as follows:
 - After showering, use a Q-tip soaked in diluted hydrogen peroxide (mixed with 50% water), and gently dab the incision area.
 - Then apply a thin layer of antibiotic ointment to the tape, over the incision.
 - If you have under arm incisions, no new tape will be applied. Apply the diluted hydrogen peroxide and antibiotic ointment as described above.
- Dr. Pancholi will remove your paper tape at your next appointment and scar therapy started.

Activity:

- Up to 6 months:
 - No participation as a massage therapy student or similar.
- Up to 6 weeks:
 - Do practice keeping your shoulders back.
 - Do stretch your chest muscles as described by Dr. Pancholi.
 - No bouncing activity to prevent your implants from shifting including but not limited to:
 - Horseback riding
 - Jogging / Running
 - No bathing, swimming, or use of hot tub, sauna, steam room or similar.
 - If you have underarm incisions, *do not* raise your elbows above your shoulders.
- Up to 3 weeks:
 - Do nothing that raises your heart rate or blood pressure including but not limited to:
 - Sex
 - Lifting
 - Exercise
 - Avoid nicotine to avoid healing complications.
 - Avoid drinking alcoholic beverages to minimize bleeding.
 - Do not lift anything over 10 pounds.
- Up to 2 weeks:
 - Walk leisurely for 15 minutes every waking hour to help with circulation.
 - Do not lift anything over 5 pounds.
 - Sleep on your back and in an inclined position.
 - If you have underarm incisions, do not shave or use deodorant in the under arm area.

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Special Instructions:

- Swelling, bruising, and some bloody drainage are normal during the first 2 weeks.
- As sensation returns, it is common to feel tingling or sharp sensations for a few months.
- Dr. Pancholi will discuss when under-wire bras and sport bras are appropriate for you.
- Dr. Pancholi will discuss if, when, and how breast massage techniques are to be performed.
- Breast lift and reduction patients:
 - Avoid all nicotine products (including second hand smoke) for at least 4 weeks.
 - You may not be able to wear an under-wire bra for up to six months to avoid incision irritation and poor healing.
 - If drains were used:
 - They will be left in place until drainage is less than 30 cc over a 24-hour period.
 - Antibiotics must be taken as long as drains are in place. If you run out, call us for a refill.
- Do not drive any vehicles or operate any heavy machinery:
 - 36 hours following your surgery.
 - 4 hours following your last dose of pain medication.
 - 8 hours following your last dose of sleep medication.
- Be aware of a possible hematoma by noticing:
 - Usually one breast is involved
 - Extreme swelling
 - Extreme hardness
 - Extreme pain
 - Notify Dr. Pancholi immediately if the above occurs.
- Prescriptions:
 - If you have a sensitive stomach, take your antibiotic with yogurt.
 - If your pain medicine is making you sick:
 - Lower the dose.
 - Take it with food.
 - Notify Dr. Pancholi.

Patient

Signature: _____ Date: _____

Address: _____

Phone: _____

Guardian Signature:	Relation to Patient	Date:
_____	_____	_____

Dr. Pancholi _____ Date: _____

Witness _____ Date: _____