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**Postoperative Instructions – Breast Lift with Implants**

Be certain to read these instructions carefully prior to your surgery and follow them closely.

**MEDICATIONS**

The following medications have been prescribed by Dr. Hayes

Oxycodone 5-10mg	Every 4 Hours as needed	x 7 days	PAIN CONTROL
Celecoxib 400mg	One dose 1 hour before surgery		PAIN CONTROL
Cephalexin 1000mg	2x/day	x 2 days	ANTIBIOTIC
Metoclopramide 10mg	Every 6 Hours as needed	x 3 days	NAUSEA
Ondansetron 8mg	Every 8 Hours as needed	x 3 days	NAUSEA

The following medication should be taken ONE HOUR BEFORE SURGERY:

Celecoxib 400mg	One dose 1 hour before surgery	PAIN CONTROL
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The following medication(s) should be purchased over-the-counter and take regularly:

Docusate 200mg	Twice daily	x 5-7 days	STOOL SOFTENER
Senna 2 tabs	Twice daily	x 5-7 days	STOOL SOFTENER
Tylenol 325-650mg	Every 4 Hours as needed	x 5-7 days	PAIN CONTROL

**IMMEDIATELY AFTER SURGERY**

- 2-hr nap on arrival home, then out of bed and get dressed.
- Pain Meds: Take Tylenol regularly and Oxycodone as needed for pain control.
- Do NOT apply ice to surgical area. The risk frostbite is too high.

**GENERAL INSTRUCTIONS**

- Contact Dr. Hayes immediately should you develop any sudden pain, swelling or fever.
- Avoid sleeping on your stomach for 6 weeks postoperatively.

- Leave Steri-strips in place. They will fall off on their own.
- No bra should be used until you are cleared by Dr. Hayes. Bring your surgical bra to office all office visits.
- Do NOT drive if taking Oxycodone (narcotic pain medicine).
- Exercise: Okay for gentle aerobic activity at 4 wks (keep heart rate below 100 beats per minute); Chest/push-ups and full cardio at 6 wks.

### **ACTIVITIES**

- You have just undergone a major surgical operation. The only activity permitted for the first four weeks is walking, which you should do at least 3 times per day.
- Okay for gentle aerobic activity at 4 wks (keep heart rate below 100 beats per minute)
- Full cardio and chest exercises after 6 weeks.
- Do not drive if you are taking any pain medications or muscle relaxants.
- Dr. Hayes will instruct you on proper technique for breast implant massage at your 1 week follow-up visit.

### **INCISION CARE**

- Keep Steri-Strips in place. Dr. Hayes will replace them at your one week visit.
- You may shower 48 hours after surgery.
- No tub soaking or swimming until cleared by Dr. Hayes.
- Inspect the skin around the Steri-Strips daily for signs of infection (redness).
- After four weeks, Dr. Hayes may prescribe silicone gel for scar treatment.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, and keep incisions covered. If sun exposure is unavoidable use sunscreen with SPF 30 or greater. Put sunblock on incisions and allow it to dry BEFORE putting on your swimsuit.

### **APPEARANCE**

- Your breasts will be swollen (edema fluid) which will be greatest on the third postoperative day.
- It's normal for implants to appear too high after surgery. It may take up to 3-6 months for your breast implants to settle into their final position.
- Scars can be reddened for up to 6 months, after which point they will fade and soften.
- Some bruising can occur after your procedure, but the degree varies from patient to patient.

### **WHEN TO CALL**

- If you have increased swelling or bruising, or sudden breast asymmetry.
- If you nipple becomes pale or deep purple (signs of blood flow problem).

- 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.

***PLEASE CALL DR. HAYES OR THE OFFICE WITH ANY QUESTIONS OR CONCERNS:  
503-297-9340***