BALDWIN PLASTIC SURGERY

2403 Loy Drive Suite 202, Lafayette, IN 47909

765.838.2119

Breast Augmentation

**Before Surgery**

* Purchase a Bali bra style #3375. This will serve as your post-surgical garment. You can purchase this at Kohl’s or JC Penny. If you cannot find this bra, please let our office know and we can direct you to one that can be used as an alternative.
* For most patients, two medications will be prescribed for use after surgery, an antibiotic and a pain medication. These prescriptions will be given to you or called into your pharmacy at the time of your preop office visit. It is important that you pick up your medication prior to the day of your surgery. It is not necessary, however, to start taking them until after your surgery.
* The antibiotic most commonly used is KEFLEX. If you have allergies to Keflex or any similar antibiotics such as penicillin, ampicillin, ceclor, or amoxicillin, let our office know and a substitute will be given.
* The pain medication we most commonly prescribe is LORTAB. If you have had trouble with or an allergic reaction to this pain medication in the past, please let us know.
* **DO NOT EAT OR DRINK anything for at least 8 hours before surgery.**

**Day of Surgery**

* Arrive at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Surgical Center at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Bring your post-surgical bra with you to wear home following surgery.
* You will need to have a responsible adult take you home from the surgery center. You will not be able to drive yourself home. We do not allow you to use public transportation or a taxi service following surgery.
* Please wear loose fitting, front buttoning clothing for ease in re-dressing after surgery.

**After Surgery**

* Breast Augmentation surgery patients will go home in the Bali bra they have purchased. This will be worn for a total of 6 weeks following surgery. The first 2 weeks after surgery, you will wear it night and day, at all times, except to shower. Thereafter, you must still wear your bra during the day. However, it is no longer necessary to sleep in it.
* Sleep for the first night or two propped up with several extra pillows behind your back or in a recliner to help reduce swelling and help with your comfort. You should not sleep on your side or stomach for at least 2-3 months.
* You may shower the day following surgery. Remove your bra, along with the gauze and tape dressing. White tapes will be visible on your incisions. Do not worry about getting the tapes wet. They are there to protect your incisions and should be left in place as long as possible. We will evaluate and replace them if necessary at your post-op visits. Keep your shower short and not really hot, or you may get light-headed in the shower.
* After your shower, carefully pat dry your breasts and put your bra back on. No additional dressings, lotions, or ointments will be necessary.
* Never use hot wraps or heating pads on your breasts after surgery as the skin may be numb, and burns or blistering may occur easily.
* Physical exercise and heavy lifting should be avoided until cleared by Dr. Baldwin, usually after 2 weeks
* You may drive when you are reasonably comfortable and are off pain medication. The issue is simply one of safety, both to you and others while operating a car.
* It is usual for one breast to hurt more than the other, to swell a bit more than the other, to have different sensations than the other, at different times and for different lengths of time then the other, etc. Pain, swelling, and bruising peaks at 48 hours after surgery, then should begin to get better in the days following.
* If increased swelling, redness, or warmth develops in your breasts, please call Dr. Baldwin and have your pharmacy number ready.

Dr. Baldwin and his fully experienced plastic surgery staff are devoted to providing top quality care for their plastic surgery patients. Utilizing safe and proven techniques and technologies, Dr. Baldwin is able to help his patients achieve pleasing results. The safety, comfort and satisfaction of his patients are Dr. Baldwin’s primary concerns and he makes every effort to try to ensure that their experiences are positive ones.

Dr. James D. (Sam) Baldwin

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