

Breast Augmentation (Breast Implants) Information Sheet

PROCEDURE

Breast augmentation is the enlargement of the breast by placing a prosthesis directly behind the breast tissue or below the pectoral muscle of the chest. Current breast implants consist of a silicone bag containing saline or cohesive silicone gel. Usually the breast prosthesis is inserted through an incision in the skin fold below the breast.

PRE-OPERATIVE

Most patients will visit the office a couple of times prior to surgery, at which time they will meet with Dr. Robinson and nursing staff to discuss the procedure and determine an appropriate implant size. Photographs may be taken during consultation and/or immediately prior to surgery.

Prior to booking surgery, you will need to decide who your support person will be. It is important that they are aware of the type of surgery you are having, that they are comfortable helping with incision care/are not "squeamish", and that they are available solely to you during your immediate recovery period (they should not have any other commitments). At the minimum, you cannot be left alone for the first 24 hours after surgery; however, you will also need help with personal care/hygiene, meals, household chores, childcare, etc. for several days. We recommend two supports: one to care for you, and one to care for your children. We advise against driving until after you are seen in office postoperatively, as you cannot drive while taking pain medication, and your pec muscle mobility will be affected.

After a surgical date has been confirmed, you will receive more specific information and a review of what you are required to complete before surgery. If you live out of town, we strongly recommend making arrangements to stay in Victoria overnight after your procedure. There are a few nearby hotels that offer discounts to our patients; they are listed on our website. Once you have booked your date, please ensure you have the following supplies on hand:

- Stool softener (i.e. Colace or Senokot), as pain medication may cause constipation
- Tylenol Extra Strength
- Ibuprofen 400mg

DAY OF SURGERY

This procedure is performed under a general anesthetic, so you will be asked to fast after midnight the night before. You must be discharged from the clinic with a responsible adult (preferably the person who will be helping care for you after surgery). A prescription for pain medication will be provided if needed. Arrival time for surgery will not be provided to you until about 1-2 weeks prior, so it is important that both you and your support person do not have any other responsibilities that day.

POST-OPERATIVE & LONG-TERM FOLLOW-UP

You can expect mild to moderate bruising and swelling post-operatively, peaking at around 72 hours and slowly resolving over the first couple of weeks. Slight breast asymmetry is quite commonly seen in the early stages of healing. Many patients experience a feeling of heaviness or tightness on their chest – this is normal *unless* you experience shortness of breath (which should be disclosed to the clinic immediately). Dressings remain in place for 48 hours.

POST-OPERATIVE & LONG-TERM FOLLOW-UP, CONTINUED

You will be discharged from the clinic in a supportive bra. Typically, patients are asked to wear this bra 24/7 for up to four weeks (except to allow for laundering). You will be asked to restrict arm movement for about 5-7 days after surgery.

It may be uncomfortable to lie flat, therefore, an inclined position (support with pillows) of approximately 45 degrees is suggested for 3-5 days post-op.

Our office nursing staff will see you in follow-up as required, usually about seven days after your surgery to assess healing and review breast massage. It is recommended that your support person drive you to this appointment. Some patients will return for a second postoperative appointment about 10-14 days after surgery to review long-term incision care and scar management, and to ensure proper placement of the implants.

Strenuous activity and elevating your heart rate should be avoided until at least four weeks post-op. Gym and/or workout routine can typically be resumed at four weeks, slowly working up to full activity at six weeks. You **CANNOT** do any heavy lifting (more than 10lbs) for a full six weeks. In addition, any activity that relies predominantly on pec muscle engagement should be avoided for six weeks.

Though rare, post-operative complications from any procedure are possible. These can include bleeding (hematoma), infection, seroma, asymmetry, contour abnormalities, capsular contracture, rippling of implants, rupture of implants, and unsatisfactory scarring. Altered sensations (numbness, tingling, and/or hypersensitivity) are to be expected while you are healing, and can persist for several weeks or months. Our health care team follows you closely to recognize and treat any complications, should they arise.

As with any surgery, results cannot be guaranteed. The goal of cosmetic plastic surgery is improvement, and perfection is not attainable. Final results depend on many factors and healing can vary from patient to patient. It is important to remember to have patience during convalescence to allow your body time to recuperate and settle.

You will be seen by Dr. Robinson at approximately 6 weeks post-op and again between 3-4 months post-op to monitor the movement of your implants and the final shape of your breasts. Post-operative photos will be done at this time. If revisions are required, they would be discussed, and a surgical plan set up at that time.