



PLASTIC SURGERY, REGENERATIVE AND MEDICAL SPA

Breast Augmentation

Pre/Post Operative Instructions

Important Information from Dr. Rohit Jaiswal, MD
at DrSkin Plastic Surgery, Regenerative & Medical Spa

Congratulations!

Congratulations on successfully undergoing your surgery! This document has been meticulously crafted to guide you through the post-operative process, with the goal of ensuring the smoothest possible recovery and achieving the best possible outcomes. It is of paramount importance that you review this information in its entirety and adhere strictly to all provided instructions. Your diligent compliance will significantly contribute to the overall success of your recovery.

Should you have any questions or require further clarification, please do not hesitate to contact Dr. Jaiswal and the expert medical staff directly at DrSkin Med Spa at **(888) 717-1631**.



Before Surgery

Please stop taking the following two weeks before surgery: Aspirin, Ibuprofen, Aleve, Fish Oil, Red Wine, Multi-Vitamins and/or Vitamin E.

If you take blood pressure or diabetes medications, continue these as normal.

No smoking or vaping for 4 weeks prior to surgery.

Day of Surgery

Please arrive at the instructed time and facility.

Only take medications in the morning approved by your anesthesiologist.

Do not eat or drink anything after 11 pm the night before your surgery.

After Surgery

Wear an ACE wrap around your chest for 24 hours, then shower and switch into a sports bra.

Limit movements with your arms.

Bras should be worn at all times except when showering and should be snug (sports bras). Make sure they zip or clasp from the front.



POST OPERATIVE TIMELINE

- **0-7 days:** The implants will be high and tight appearing. The breasts will be bruised and swollen. It is not unusual for one breast to look somewhat different than the other one. Take pain medication as needed. Wear the bra as directed.
- **1-2 weeks:** Bruising should start to fade. Continue activity restrictions and bra wearing.
- **2-4 weeks:** Swelling should continue to subside. Bruising should be mostly gone. The implants will be in a more settled position.
- **1-3 months:** Swelling should be almost completely gone. Implants should settle to their final position. The breasts should have a natural appearance. Regular bras can be worn.
- **3-12 months:** Final results become apparent. Scars will continue to lighten and soften. Continue to wear a bra as much as possible. If a size change is desired, this can be entertained at this point.

MEDICATIONS

Please obtain the following medications prior to the procedure:

- Valium tablets for muscle spasms
- Norco tablets for post-op pain (prescription)
- Zofran tablets for nausea (prescription)

Post op care is extremely important for ensuring the smoothest possible course. Please follow the directions as below:

- **Avoid:** Aspirin, Ibuprofen, Benadryl, until cleared by Dr. Jaiswal.

- **Activity restrictions:** Make sure you are limiting movement with your arms and limiting weight to no more than 5 pounds with each hand. Do not stretch your arms and limit bending over. Do not move your shoulders above 90 degrees. No exercise until cleared by Dr. Jaiswal.

- **Sleeping:** Try to sleep in a recliner or propped up on 2 pillows. Do not sleep on your stomach. Always sleep with a bra on.

- **Expectations:** It can take 1-6 months (or longer) for implants to settle to their final position. Patience is very important as the implants drop and the swelling resolves. This is especially true if your implants are placed under the muscle and/or you start with tight breast tissues.

- **Implant size:** The final choice of implant size is up to you. We do our best to guide you to choosing the size which will give you the desired results, but the final choice is yours and ultimately the satisfaction with size choice lies with you. Be practical and listen to your surgeon more than you listen to your friends, family, or online postings.



IMPORTANT SUPPLEMENTS

Protein

Why should I take this supplement? Protein is necessary for healing. Having an open wound and/or undergoing surgery increases your protein requirements.

Side effects: Avoid if you have kidney disease or are on dialysis.

Glutamine and Arginine

Why should I take this supplement? Glutamine and Arginine are amino-acids which help with wound healing.

Side effects: Common side effects include gastrointestinal issues. Arginine should be avoided in patients with low blood pressure.

Vitamins and Minerals

Why should I take this supplement? Certain vitamins and minerals help wound healing. Surgery can increase how much you need and they can be used to improve wound healing.

Vitamin A

Side effects: Patients with abnormal liver function or malnutrition can accumulate leading to side effects. Side effects include dry mucous membranes, vomiting, headache, muscle or bone pain, and hair loss.

Vitamin C

Side effects: This is relatively well tolerated except in patients with a history of kidney stones. Common side effects are gastrointestinal issues.

Vitamin D

Side effects: In patients with a history of kidney stones, Vitamin D can result in an increased risk.

Zinc

Side effects: Common side effects are gastrointestinal issues.

Omega-3 fatty acids

Why should I take this supplement? Omega 3 fatty acids can help with wound healing, inflammation and preventing infection.

Side effects: Common side effects include gastrointestinal issues.

Probiotics

Why should I take this supplement? Your body's natural intestinal flora serves a wide range of functions including immunity, healing, and nutrition. Surgery and especially antibiotics can alter the normal function of your intestines leading to poor healing immunity, nutrition, and motility.

Side effects: Common side effects are bloating and diarrhea.

Homeopathic Therapies

Curcumin- a natural compound found in turmeric, a spice. Why should I take this supplement? This supplement is an anti-oxidant that can help wound healing and prevent infection.

Side effects: None known

Arnica- extracted from Arnica montana, a plant that grows in the Swiss Alps. Why should I take this supplement? This supplement can decrease bruising and swelling.

Side effects: None known

Bromelain- an enzyme found in pineapples. Why should I take this supplement? This supplement can decrease bruising, swelling, and sometimes pain.

Side effects: None known



Dr. Rohit Jaiswal, MD



PLASTIC SURGERY, REGENERATIVE AND MEDICAL SPA



MEDICATION TO AVOID 2 week before and 2 weeks after surgery

A

Advil
Aleve
Alka Seltzer
Anacin
Anexsia
Anodynos
APC
Arthritis Pain Formula Ascriptin
Aspergum Asphal Aspirin B-A

B

Bayer
Bayer Decongestant Bayer Timed Release BC Tablets
Buaa-A Compound #3 Bufferin

C

Cama
Campron Capsules Cogespirin
Cope
Coricidin

D

Damason
Darvon
Dolcin
Dolene Compound Dolor
Duradyne
Duragesic

E

Ecotrin
Empirin
Equagesic
Excedrin

F

Feldene
Fiorinal
Fizri Powder Gemnisyn

I

Ibuprofen

M

Measurin
Meprogesic
Midol
Mobic
Momentum
Motrin

N

Naprosyn
Nilain
Norgesic Novahistine

P

Pabirin
PAC
Panodynes Percodan
Persistin

Q

Quiet World Tablets

R

Relafen
Robaxisal Sal-Fayne Stanback
Tablets Stanco

S

Super Anahist Synalgos Talwin
Traminicin Trigesic Vanquish
Viromed

W

Way Cold Tablets Zactirin



PRODUCTS TO AVOID 2 weeks before and 2 weeks after surgery

- Alcohol (ok in moderation only)
- Chinese herbs
- Dried Leech Extract
- Echinacea
- Garlic (ok in food but don't take capsules)
- Ginger (ok in food but don't take capsules)
- Gingko (watch out for at juice bars as "memory enhancer" additive and Ginseng)
- Protein Powders containing Vitamin E
- Omega Fish Oil
- Red Wine
- St John's Wort
- Vitamin E (ok in Multiple Vitamin, but don't take extra)

DrSkin Med Spa | (480) 904-3311 | 1458 N Higley Rd, Suite 102, Gilbert, AZ 85234

drskinmedspa.com

