



Breast Augmentation

What is a Breast Augmentation?

Breast Augmentation is surgery that increases your breast size. This procedure can involve the use of breast implants or fat transfer.

Who may be a good candidate for Breast Augmentation?

- You are physically healthy
- You are not pregnant or breastfeeding within last 6 months
- You have realistic expectations
- Your breasts are fully developed
- You are bothered by the feeling that your breasts are too small
- You are dissatisfied with your breasts losing shape and volume after pregnancy, weight loss or with aging
- You are unhappy with the upper part of your breast appearing "empty"
- Your breasts are asymmetrical
- One or both breasts failed to develop normally or have an elongated shape

Will I have to stay overnight at the hospital?

Breast Augmentation is routinely an outpatient surgery. You will go home the same day.

What will my restrictions be after surgery?

- Weight lifting restrictions are 5-10lbs the first week, and then you can add 5lbs each additional week.
- You will need to refrain from swimming or submerging in a tub for at least 4 weeks.
- You will be in a sports bra for 8 weeks post-surgery to assist with swelling and healing.
- You will need to sleep on your back for the first couple of months to allow the implants to settle into the pocket.
- You can drive after 48 hours from completion of anesthesia or 8 hours after taking pain medication.
- You may shower 48 hours after surgery.

How long will I need to take off work for recovery?

Typically, you will feel well enough to go back to work after a long weekend (3-5 days), but this will vary depending on the nature of your job duties.

Where are my incisions and what type of care do they need?

Routinely your incision will be in your breast crease, and you can remove the loose gauze prior to your shower. You will have steri-strips or white tape over your incision that you will leave intact. You will only need to pat your incisions dry and put your garment back on, no other care is necessary.

How long can I expect to be swollen?

The swelling is typically the worst on day 3-4 and will go down considerably over next few weeks. After 6-8 weeks post op, the majority of the swelling has subsided, and you should be healed enough to be fitted for new bras. After 3-4 months your breasts will have settled down into their pocket you will see very little change after this period of time. At 6 months your breasts are fully healed, and you should not expect any changes after this time period.