

MICHAEL F. MILAN, MD, P.C.
3271 Five Points Drive Ste.106
Auburn Hills, MI 48326
Office : (248) 377-8141

For emergencies only: Pager XXX-XXX-XXXX

PREOPERATIVE: DO NOT WEAR JEWELRY, APPLY ANY DEODORANT, OR
MOISTURIZERS THE MORNING OF SURGERY.

POSTOPERATIVE INSTRUCTIONS FOR AUGMENTATION MAMMOPLASTY

1. Bed rest for the first 24 hrs. You may get up to use the bathroom only. Ice packs may be used to help ease any pain. Plan to stay at home for the first 4-6 days after your surgery. Elbows should remain at your sides. After the first day, you may raise your hands no higher than the top of your head with the elbows forward. Cough and deep breathe every hour after surgery to prevent fevers.
2. Elevate the upper body with pillows or sit in a recliner to sleep. (For about one week) No vigorous activity until approved by Dr. Milan (approximately three weeks).
3. If prescriptions for pain medication and antibiotics have been written, take both as directed on the label. **Do not take the pain medication to prevent pain but only as needed for pain.**
4. The day after your surgery, remove the compression band/bra, foam, and gauzes or as instructed by the doctor. You may then shower with soap and water avoiding a direct hit on the incisions (no bathes or hot tub). Leave the skin tapes in place until you see Dr. Milan in the office. If your skin tapes come off before your post op appointment use antibiotic ointment to incisions.
When replacing the pressure band and foam,
the strap goes above the implants under your arm pit.
Proper wearing of the compression strap and foam is extremely important for the surgical outcome. The strap needs to be across the highest portion of the implant for proper fit.
The foam should be worn until instructed by Dr. Milan to remove (usually 1 week after surgery).
5. **After your surgery consume at least 8 large glasses of water a day. Also maintain a well balanced diet of at least 2000 calories per day. This will promote healing and faster recovery.**
6. Three days after surgery begin taking Natural Vitamin E, (from a Health Food Store) 300- 400 i.u., 1 capsule daily and continue this for the first year post op or as instructed by Dr. Milan.
7. Post operatively avoid chiropractic manipulations with your face down on the table for about six months. You may resume this activity at this point but need to protect the breasts with foam wedges. Tell the chiropractor that the breast is very tender that day and you want to protect them with the foam wedges.
8. Before dental work or any other surgery, you must be pre-medicated with an antibiotic. Have your pharmacy call the office for a prescription or we can mail one to you directly.
-Dr. Milan recommends that you avoid **any routine** dental work for the first 4 months after your surgery.
9. **If you have any questions, concerns or problems, do not hesitate to contact our office or Dr. Milan.** In case of emergency after office hours, you may call Dr. Milan's beeper. In the early postoperative period, one needs to watch for internal bleeding. This would be manifested by **severe swelling** on one side accompanied by **very severe pain**. If either of these symptoms become apparent, please call Dr. Milan. If **fever above 101 deg.** occurs, call Dr. Milan. **Follow these instructions unless Dr. Milan specifically instructs you otherwise.** aug.ins