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POST OPERATIVE INSTRUCTIONS BREAST AUGMENTATION

1. Do not sign any legal documents or make any important decisions in the next 24 hours.
 2. You may NOT operate any machinery or drive a vehicle for 24 hours after your surgery.
 3. You may NOT drink any alcoholic beverages for 24 hours after your surgery.
 4. We suggest that you start off with something light such as soup or dry toast. Advance to regular diet as tolerated.
 5. You are advised to rest today and stay off your feet. You may continue normal activity as directed by your doctor.
 6. Take medications only as directed. Please see any additional instructions below. Resume previously prescribed medications at home.
 7. Call your doctor if you have any questions or concerns, or if your temperature goes up to 101 F or higher, or if signs of infection are observed, such as redness, swelling, or drainage from your area of surgery.
 8. We suggest that a responsible adult be with you for the rest of the day and during the night for your protection and safety.
 9. If you should experience bleeding that is excessive, persistent, nausea or vomiting, pain that is unusual, swelling or fever, please call your physician. If unable to reach your physician, go to the nearest hospital emergency room.
- **Keep head elevated**
 - **Leave pressure dressing in place**
 - **No lifting or moving arms above shoulders**
 - **You may shower 4 days after your surgery (try to avoid pressure of water from directly hitting chest)**
 - **When you remove your dressing to shower, be sure to leave the small tape on scar in place until your follow up**

Take pain medicine every 4-6 hours.
Take antibiotics as directed.
Take anti nausea medicine as needed.

Please call to make your follow up appointment, and do not hesitate to contact Dr. Fazilat at anytime for any problems or questions. 650-964-2200.