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Post Operative Breast Augmentation Management:

- YOU WILL BE REQUIRED to eat a minimum of three meals a day, with meat the size of your fist or a protein shake. This should equate to 30 grams of protein every 4 hours while awake. You are required to eat even if you do not have an appetite. Please inform the office if you are nauseated. They will prescribe medication to prevent this. Protein is essential to wound healing. You will be required to stay on this diet for the next 6 weeks.
- Tight glucose control is essential to wound healing. If you have diabetes please keep tight control of your blood glucose. If you have difficulty with this please notify the office immediately.
- Please shower daily. No baths. Wash the wounds with Dove (plain or sensitive skin bar) soap and water. Rinse and pat dry. You may begin showers two days after surgery.
- Do not use nicotine products. This includes any vape, nicotine packs, nicotine patches, cigarettes, or any other tobacco products. Nicotine can contribute to wound breakdown.
- Please do not take Ozempic (Semaglutide), Mounjaro (Tirzepatide), Rybelsus, Wegovy, Zepbound, any GLP-1 inhibitor, phentermine, any weight loss medication, or any medication that could delay gastric emptying without discussing with Dr. Murillo after surgery.
- No lifting, pushing, or pulling for the next three weeks. At the fourth week you may lift the equivalent of a half-gallon of milk. At the fifth week you may lift a gallon of milk. At the sixth week you may lift weights, but with caution. No restrictions after the sixth week.
- If you plan to be a passenger in a car, please make sure to walk for 10-15 min every two hours. Please do not drive until you speak with Dr. Murillo at your post operative appointment.
- Please continue using the garment you woke up from surgery with. You may take it off two days after surgery to shower. You do not need to replace any gauze. Reapply the wrap or bra after your shower. We want the breasts supported, and decreased pressure on the incisions.
- Implant massage will begin three to four weeks after surgery. You will be educated on this at your post operative visit.