



SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH

**San Francisco Department of Public Health
Transgender Health Services**

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**San Francisco General Hospital
Breast Augmentation / Feminizing Mammoplasty
Surgery Aftercare Instructions**

The Night Before Surgery

- Do not eat or drink anything after midnight on the night before your surgery. This is to prevent complications while you are under anesthesia.

The Day of Surgery

- Please do not wear makeup, perfume, or jewelry on the morning of surgery
- Leave all valuables at home
- Hospital regulation require that you have a friend, family member or case manager leave the hospital with you when you are discharged
- The surgery procedure usually takes 2-3 hours
- This is usually an outpatient procedure; most patients do not need to spend the night

For Urgent Medical Questions:

- Call hospital operator and ask for on-call plastic surgeon 415-206-8000

Supplies you will need after surgery:

- Silicone sheets to reduce visibility of scars
- Comfortable surgical bra or Sports bra
- Antibacterial Soap (Dial Soap work well)
- Antibiotics (prescription will be available when you are discharged)
- Pain Medication (prescription will be available when you are discharged)

Post-Operative Care

- **Dressings**
 - When you leave the hospital you will have no bandages or dressings. The surgeon will close your incision sites with surgical glue.
 - You do not need to put anything on the incisions. Clean the incisions at least one time per day with antibacterial soap.
- **Showering**
 - It is okay to shower the day after surgery.
- **Activity**
 - You will need to rest for 2-3 days after surgery
 - You should be up and out of bed and walking around the evening following surgery to help prevent a blood clot from forming in your legs. Activities like walking, climbing stairs, sitting, and standing are all that you can do.
 - **Sleep on your back.** Do not sleep on your side. You will need to sleep on your back for the next **2 weeks** while your breasts heal.
 - Limit heavy exercise and lifting for about 2 weeks.
 - Do not swim in a pool or the ocean for three weeks following surgery
- **Medication**
 - If your doctor or surgeon has recommended that you stop taking any medications before surgery, check back to see when you can begin them again
 - Take the **antibiotic** until it is all gone (as prescribed)
 - The **pain medication should be taken as prescribed.** To reduce nausea, take the pain medication with food. If your pain medication is causing you excessive nausea, you may discontinue and use ibuprofen or Tylenol instead. Do not take any Tylenol while on the pain medicine. (Tylenol is also called acetaminophen)
 - If you are in severe pain even with the pain medication, contact your doctor or surgeon. Do not take more pain medication without consulting with your doctor.
 - Do not drink alcoholic beverages or drive a car while taking the pain medication.

- **Diet**

- Eat light the first 24 hours. Start by drinking clear liquids and work up to bland foods (rice, applesauce, jello).
- If you have nausea stick to a bland diet until you no longer feel sick.
- The pain medicine may be constipating. Drink plenty of fluids – aim for 8-10 glasses of water per day. You may take an over the counter laxative, such as Milk of Magnesia or Ducolax, as needed.

- **Scar Care**

- **You may start silicone sheets to minimize scars starting 2 weeks after the surgery date.**
- Avoid sunburn and prolonged sun exposure on the chest for at least 1 year after surgery. Use strong sunscreen on the incision sites. It's safe to start using sunscreen on incisions 3 weeks after surgery.
- Scars take up to 2 years to fade. After 2 years there will usually not be any change to the appearance of the scar without additional intervention.

CALL FOR MEDICAL ADVICE OR GO TO THE EMERGENCY ROOM IF YOU HAVE:

- **A temperature greater than 101 degrees.**
- **Excessive bright red bleeding** from incision sites
- **Bruising traveling down your side or into your armpit.**
- **Swelling of one side of the chest that feels twice as big as the other side,** this may be a sign of bleeding.
- **Persistent vomiting.**

What to expect as your body heals

- **Moderate swelling and bruising**

Swelling can make your breasts feel very firm and the skin may take on a shiny appearance. Swelling may take several weeks to subside as the breasts soften and become more natural. Use ice packs as directed by your doctor to reduce swelling. Any bruising that occurs should less about 7 to 10 days after surgery. It is normal to have swelling for about 2 months after surgery.

- **Mild to moderate discomfort and pain**

Take your pain medication as prescribed, limit your physical activity and pain should decrease quickly during the first few days.

- **Itching**

Many people experience itching as nerve endings heal. Ice and skin lotions or moisturizers often help to provide relief from itching. Avoid getting lotion in incisions.

- **Numbness**

You may experience numbness after surgery. Sensation gradually returns during the first couple of months.

- **Tingling, burning or shooting pains**

These sensations in the breast and nipple area are normal in the first few weeks after surgery as the nerves regrown and reconnect.

- **Expect to take up to 2 months to feel back at 100%**