



PROF. DR. MED. CHARLOTTE

HOLM MÜHLBAUER

PLASTISCHE UND ÄSTHETISCHE CHIRURGIE

Postoperative rules of conduct after breast augmentation

Dear patient,

In order to support a complication-free healing process and to achieve an optimal result, it is imperative that you follow the following post-operative instructions. If you have any questions or problems, please contact the doctor on duty in the surgical ward at the ATOS Clinic. We can be contacted by telephone around the clock on 089 20 4000 146.

When you wake up, you will feel tired, exhausted and a little tense in the chest area. You will have been fitted with a special compression bra on the operating table immediately after the operation to support and protect your new breasts. You may need some help at home in the first few days after the operation. During breast augmentation, layers of tissue are stretched, which usually causes pain after the operation. This is particularly the case if the implants have been placed under the breast muscles, but also generally in younger patients who have not yet had children. The pain is most severe during the first 24 hours and then subsides from day to day. You will be given painkillers during your stay in the clinic to ensure that you are pain-free. Before you are discharged, we will prescribe you sufficient painkillers for the first few days after the operation. We may prescribe you an antibiotic for a week as a precaution.

After the operation, you can rest your arms on pillows for a more comfortable position when lying down and sleeping. If possible, sleep exclusively on your back for the first few weeks. Turning to the side or sleeping on your stomach jeopardizes the results of the operation as the implants could slip or twist.

Showering is only permitted from the waist upwards in the first week; the armpits can be washed with a washcloth after the drains have been removed. You should wash your hair with your head back, just like at the hairdresser. Move around a lot, as this is the best way to prevent thrombosis. Lifting heavy loads should be limited to 10 kg.

After removing the stitches, approx. 7-10 days after the procedure, you should apply a moisturizing ointment (e.g. Bepanthen) to the scars. Please wear the compression bra day and night for the first 6 weeks. After that, you will need to wear it at night for a further 4 weeks, during the day you can switch to a normal sports bra. If a Stuttgart belt has been prescribed, make sure that it is fitted correctly. The Velcro fastener at the front must be above the zipper so that pressure is exerted on the implants from above. Light sporting activities such as walking and cycling are permitted from the 4th week. Sports that strain the chest muscles should be avoided for the first 6-8 weeks. Please avoid sauna and solarium visits in the first 3 months after the operation.

You will be closely monitored by us during the post-operative phase. If you experience increased pain, develop a fever or otherwise feel unwell, please contact us immediately.

We will be happy to answer any further questions you may have and wish you a speedy recovery

Yours sincerely

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