



The following instructions should be followed after your discharge from hospital in order that healing occurs and the best cosmetic results are obtained. Read the instructions carefully. If you do not understand them, have any questions, or wish any further information, please do not hesitate to ask the nursing staff and myself. **WE ARE HERE TO HELP YOU.**

Following your surgery you will be placed in the bra you purchased before your surgery. Sutures are dissolvable and do not need to be removed. Leave the small strips of tape over the incision in place. You may shower or bathe after your first visit with Dr. Marignani. The special tapes over the incision are waterproof. Pat the incision dry. **DO NOT RUB.**

You should wear a good support bra for two weeks day and night. The bra you purchase should provide firm support all around the breast with no pressure points and no under wiring. A sports bra which opens in the front is ideal postoperatively.

For the first three or four days following surgery, you should move your arms slowly so as not to suddenly jerk the breast area of the chest. You can reach up and do normal activities such as light household cleaning. Avoid raising your arms higher than shoulder level the first week. Let someone else do the lifting – children, groceries, etc. You should not partake in sports for a period of three weeks. Two weeks after surgery you will be able to go braless if you desire.

You may have some bruising around the breast and some increased sensitivity in the nipples. These symptoms will reduce over a period of time. There may be some skin tightness, pulling, sensation, gurgling sensation, muscle spasm, sore arms, and small amount of swelling. Your breast may sit high for 4 weeks.

If after surgery you find that you have a sudden increase in size or a sudden pain in the breasts with an increase in size, you should contact me. Pain following the first 24 hours is minimal. All sexual activities with regard to the breasts can be carried out after three weeks. Two weeks after surgery, you will start the breast exercises (see attached sheet).

If you have any questions or concerns, please do not hesitate to contact me through my office. If you have any concerns after hours, please proceed to the nearest Emergency Department to be assessed by a qualified Physician. If they have any concerns, they can contact me through Strathroy Hospital.

Dr. Marignani's Office Number:

(519) 438-1130