



# Dr. Avi Islur Surgery

## Breast Augmentation + Lift Post Operative Care Instructions

### Rest + Relaxation

- Preferably sleep on your back. It is okay to lie on your side. Do not lie on your chest.
- Wait 2 weeks before participating in physical activities that will increase your heart rate and blood pressure or cause your breasts to move significantly.

### Washing

- Remove larger dressings 24 hours after surgery. Leave your steri-strips (white tape) in place for 5 to 7 days. If they come off sooner that is okay.
- You can shower 24 hours after surgery. Wash below your chest if you have drains in place.
- Do not soak your surgical sites - no pools, hot tubs, or lake water for 3-4 weeks.
- Dry surgical site by gently patting with a clean towel or allow to air dry.
- Bleeding (minimal) from your surgical site may occur following surgery. If it occurs hold constant firm pressure for 10 minutes with a clean towel. If bleeding persists or one side is becoming much larger than the other, see our emergency care instructions below.

### Medication

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated.
- Take antibiotics as prescribed at the appropriate times until completed.
- Apply Polysporin (original ointment) to your incision lines 2 x a day once steri-strips are removed.

### Bra Wear

- Wear a non underwired bra - unless otherwise directed for 4 -6 weeks.

### Two Weeks After Surgery

- Begin to massage your incisions with body lotion, BioOil, or equivalent scar cream. Do not use 100% vitamin E (capsule or oil).
- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning.

### Special Instructions

- Starting a few hours after surgery open bra and apply cold compresses to your breasts for 10 minutes 3-4 times a day for 2 weeks to decrease swelling (clean wet hand towel placed in freezer for 20-25 minutes. Not an ice pack) *Check the colour of your nipple/areola. If purple please call the clinic or see after hour care*

### Drain Care

- If drains have been placed, please contact clinic at 204-885-1569 to have drains removed following surgery when output is less than 30 ml/24 hrs unless internal bra (Alloderm) has been placed (30 ml/48 hrs)
- When drains are removed a small amount of yellow/pink/ blood-tinged fluid may ooze out of drain site for up to 3 days.
- Place a small amount of Polysporin onto drain site daily and cover with gauze or a feminine hygiene pad.
- Drain site will close in 3 to 7 days
- Okay to shower chest 24 hours after drains removed

### Follow Up Care

Dr. Islur will let you know which location to visit for your in-office follow up appointments.

#### The First Glance Aesthetic Clinic

1851 Grant Avenue, Winnipeg, MB, R3N 1Z2  
tel: 204-885-1569

#### St. Boniface Hospital ACF Clinic

409 Tache Avenue  
Winnipeg, MB R2H 2A6  
tel: 204-237-2290

#### St. Boniface Clinic

343 Tache Avenue, Winnipeg, MB, R2H 2A5  
tel: 204-925-9559

### After Surgery Care

For general inquiries/questions email [info@drislur.ca](mailto:info@drislur.ca) or speak to one of the clinic staff members.

### Weekday Care (8 am to 5 pm)

If there is a concern about your surgery or your healing please call the clinic where you saw Dr. Islur and ask to speak to the nurse or leave a voice message: please state your name, the date of your operation, the procedure you had performed, your concern, and a return phone number.

### Weekend and After Hour Care

If on weekends, after hours, or an emergency, please call 204-237-2053 and ask to speak to with Dr. Islur or the plastic surgery resident on call.