



Dr. Avi Islur Surgery

Breast Augmentation with Fat Graft 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 unless you have drains in place. Wash with soap and water.
- 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 1x a day once steri-strips are removed.

Garment Wear

- Wear a loose fitting underwired bra for first 4-6 weeks unless otherwise directed.
- It is okay to wear no bra
- Wear compression garments to all areas where liposuction was performed 20/24 hrs for three weeks.
- The first few times removing compression garments do so while lying in bed to avoid feeling faint

Two Weeks After Surgery

- Begin to massage your incision lines gently 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

- Massage the areas of liposuction aggressively to get rid of harder areas where fluid may have collected

- Take time to rest and recover from your surgery, have a healthy diet and get some sleep.
- It is important that you follow these recommendations very carefully so we can attain your breast augmentation goals.

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 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.