



GENDER
CONFIRMATION
CENTER
San Francisco, California

BREAST AUGMENTATION

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BEFORE YOUR SURGERY

Please pick up prescriptions, buy supplies, arrange your ride home. You will need someone to drive you home from the hospital and to all post op appointments. Please make sure they are prepared beforehand to spend time with you. The day before your surgery follow the instructions given to you by the care team and take a shower the night before surgery using Hibiclens. No eating at all starting midnight the night before your surgery. You can drink clear liquids like water, clear juice, tea and coffee with no creamer up until 4 hours before your surgery check in time. If instructed, drink the electrolyte drink provided by the clinic 4 hours before your check in time, if you need to take any medications the morning of your surgery you can take them at this time. Make sure you check with the Physician Assistant (PA) which medications are ok to take. Drink the electrolyte drink in 15 minutes or less and then nothing more to drink until after your surgery.

HOSPITAL

Please come to the hospital with enough time to park or be dropped off before your scheduled check in time, bringing only what you need and no valuables. Don't forget your ID and method of payment. Your partner or caregiver can come into the pre-surgery area with you while the nurse gets you ready for surgery and you will then see the Anesthesiologist and your surgeon for any last questions. After your surgery you will wake up in the "anesthesia recovery unit" where your phone and other belongings will be returned to you. You can make calls at this time. You will be sent home with medications and additional home-care instructions.

MEDICATIONS

You will be given nausea medication, pain medication, and laxatives to help avoid straining. If antibiotics are prescribed, these can cause indigestion, so a probiotic is recommended once you get home. You can resume hormone therapy 3 days after your surgery.

SHOWER

Ok to shower the day after surgery; let the water run over surgical wounds but not spray directly on them and no scrubbing. Gently wash with warm water and soap. Carefully pat dry any incisions with a clean towel. No tub baths or immersion for 4 weeks.



WOUND CARE AND DRESSINGS AT HOME

- You will have a suture at the base of the areola that will need to be removed on post op day 6 (surgery day is day 0). To remove this, grab one end of the suture and pull through. The rest of the sutures are self-dissolving, they can take up to 3 months to dissolve fully.
 - After sutures are removed, you can start applying a thin layer of bacitracin ointment to all incisions twice a day for 1 week.
 - After a week of bacitracin, you can switch to Aquaphor ointment or start using scar treatment.
 - Swelling and spotting for up to 6 weeks post-op is expected.
 - Avoid smoking and secondhand smoke post-operatively.
 - Avoid lifting anything over 10 lbs for 2 weeks post-op.
 - Do not start wearing a bra until your surgeon approves you to do so. You can check-in with the nurse at 2 weeks post op with photos to review.
 - NO push up bras for 3 months post op.
 - Breast massage throughout the day is recommended to help the implants to settle downward.
- You will be instructed on how to massage the breasts post-op. Please start on post op day 1 and continue to do a few times a day, for a full 5 minutes each time.
- On post op day 7, it is highly recommended that you take **VITAMIN E 1,000 iu per day**. You should continue to take this for 6 months. This helps to keep the capsules soft and prevent capsular contracture.

PAIN CONTROL

For the first week it's a good idea to keep ahead of the pain by taking tylenol on a regular schedule and taking a narcotic for "breakthrough pain control." If you were given specific instructions on your pain control when you were sent home from the hospital, then follow those instructions carefully. After a week you can begin taking Ibuprofen as well which will help reduce swelling and pain. Alternate taking Tylenol and Ibuprofen but be careful not to take more than 4000 milligrams of Tylenol per 24 hour period, including Tylenol that's in narcotics such as Percocet or Norco.

DIET AND ACTIVITY

Eat a high protein diet to help your body heal and eat fruits and vegetables for vitamins and fiber. If you are taking a narcotic pain medication, then be sure to drink plenty of water and eat a high fiber diet. Take Miralax daily until you stop taking narcotics, this helps prevent straining and bearing down, which can put stress on the surgical wounds: you can avoid this by drinking a lot of water and taking Miralax.

SLEEPING

Sleep on your back with pillow support for the first few weeks post-op, not on your stomach for any reason.

ACTIVITY

Sitting up to eat meals and going for short walks around the home for the first couple weeks is great. No lifting more than 10 pounds for first 2 weeks. No driving a car until you are no longer taking narcotic pain medication. Be sure to wait 12 hours after your final dose before you drive again. More vigorous activity such as jogging, heavy lifting, or yardwork can be resumed 6 full weeks after surgery but go slow and with caution.

In the past we used to restrict arm position for a much longer time (up to 6 months!) we no longer make this recommendation and we consider it to be outdated information.



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CLINIC APPOINTMENTS

It is a good idea to take some pain medication a couple hours before clinic appointments. Sitting in the car and walking into the clinic building and the examination with or without dressing changes can be very uncomfortable; make sure you have a ride to and from the clinic appointments, ideally with a partner, family member or trusted friend.

You may have follow-up appointments in the office after your surgery. Please check with the office staff for time and date.

BLEEDING AND SWELLING

If there is heavy bleeding from the surgical site, get some gauze or paper towels and press the site firmly for at least 10 minutes: a full 10 minutes; watch the clock. Then rest in bed and lay flat for 20-30 minutes.

If it starts bleeding again then do the process over again and call the "On-Call" Care Team at GCC to help decide if you should go to Urgent Care or stay home. It is expected to have some oozing and small amounts of bleeding over the first month. You will have significant swelling and bruising at first, this is expected and will slowly decrease over the first few weeks. As your nerves begin to regenerate and grow back you may feel itchiness and tingling, this will get better over time. After 3 months, most of the swelling should be resolved but can sometimes be noticeable after a lot of activity. After 6 months the swelling should fully resolve, and the final surgical result will now be clear to you. Always give your body enough time to heal before resuming regular activity.

CALL GCC ON CALL CARE PROVIDER

Fever greater than 101.5F

Bleeding that doesn't stop after applying 10 minutes of firm pressure

Nausea and vomiting

Pain not controlled by pain medications

Surgical incisions separating or opening

GCC is here to help you through this process so don't hesitate to send your nurse or Physician Associate a message on Remedyly or give the office a call

This document was created
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