



BREAST AUGMENTATION, 6 WEEK RESTRICTIONS

Normal day-to-day activities need to be delegated to someone else. Your full recovery with optimum results depends upon your compliance. Things as simple as opening doors need to be rethought and restricted. The following is a list of "simple" daily activities that you should not be doing, or need to do carefully.

- Opening and closing doors, especially building doors, refrigerator doors, sliding glass doors and car doors. These are heavier than you think and the movement can tear delicate internal tissue that is healing.
- Dogs or other animals - Do not pick up/hold/walk.
- Children - No lifting/holding, sit on floor or couch and have them sit next to you.
- Wet laundry, especially towels, jeans and other heavy items. Pulling any wet laundry out of the washer should be avoided.
- Vehicles - use two hands to open car doors or allow someone else to open the door. Pull seat belts slowly with two hands to avoid them locking. Do not lean on your hands to get in - use your legs. Be very careful climbing up into a truck or SUV - do not open these doors yourself if possible. Use two hands to close car doors.
- Carrying purses, backpacks or books - these are heavier than you think. Empty them out and carry the bare minimum.
- Absolutely no using a vacuum cleaner.

These activities all engage the pectoral muscles and make them work. These muscles need to heal and remain inactive for 6 weeks, like a sprained ankle does, or you will have complications which can include delayed healing, increased swelling, capsular contractures, hematomas, and seromas. Complications could result in emergency surgery, or additional surgery to repair damage.

We want you to have the best result with the fewest complications. Much of this depends upon you. When in doubt about an activity, don't do it.

Signature: _____ Date: _____

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Witness / Nurse Signature: _____