

Successful Breast Augmentation Recovery - What To Expect And How To Prepare

Breast augmentation is a surgical procedure, so recovery time is needed. Following your procedure you should take at least 2 full days (48 hours) of rest. That will ensure that your body has the time it needs to recuperate. However, the greatest guarantees of a successful breast augmentation recovery are: 1. Following your surgeon's guidelines for your recovery time.

2. The skill, knowledge and experience of your plastic surgeon. Your plastic surgeon should have already performed numerous breast augmentation procedures and be Board Certified specifically in Plastic Surgery. That means they constantly train in and study surgical techniques to keep that certification. After surgery is when your role in the success of your augmentation is greatest. The following will give you some ideas of what to expect and what you can do to help yourself and your body during the recovery time. Your breasts may feel a little sore during this period. There will also probably be swelling. Both of these conditions are a normal part of the breast augmentation process. Swelling usually reaches its peak in the first 3 to 5 days after surgery. From there it will start getting better, moving toward your new breast shape and size. If you're an active person, your plastic surgeon may ask you to avoid exercise for the first 4 weeks after surgery. This is to allow recovery to fully take place and protect you from complications resulting from the strain your body isn't ready for yet. The surgeon should go over each step of the process with you during the initial consultation. It's important that you know what to expect and how you can help your breast augmentation results be the best possible. Unique Factors That Affect Your Breast Augmentation Recovery Some of the important factors affecting your recovering process will be your age, body shape, the incision used for inserting the breast implants and other things. Your surgeon will address these factors in detail during your consultation. Although much of the post-surgery process has a common pattern, your unique qualities and those of your procedure play a part as well. For example, breast implants placed underneath the muscle can require a slightly longer recovery time because increased pain and swelling occurs when the implant is placed underneath the muscle. Some other suggestions for your breast augmentation recovery: * Clear your post-surgery schedule. You don't want to be running around or doing errands while recovering. Give your body the time out it needs.

* Arrange for a friend or family member to give you a ride home from the surgery.

* Your breast implants may take time to settle, even a few weeks after surgery. That is normal.

* Your implants will probably feel hard at first as well. Again, this is typical and they will soften.

* Sleep on your back for at least the first few days after your breast augmentation.

* Propping yourself up on pillows is another good practice. This not only keeps you sleeping face up, it also aids in getting in and out of bed during those 1st 48 hours when you may be moving slower.

* Lay out clothing for the post-augmentation time before your surgery. For example, you'll want buttoned shirts, not pullovers. Pullovers require raising your arms, which you want to avoid during this time.

* Anything you need or want quick & easy access to, like your phone, the remote, books, etc should be laid out on a bedside table or somewhere in easy reach.

About the Author

Make sure your questions are answered about augmentation by your surgeon and take your role in recovery seriously. This applies whether you're getting [breast augmentation in Hawaii](#), our home, or anywhere else. Article written by J Cook, courtesy of Asia Pacific Plastic Surgery, offering [Hawaii Plastic Surgery](#) services. Any reprint or use of article must contain the above link and credit.

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