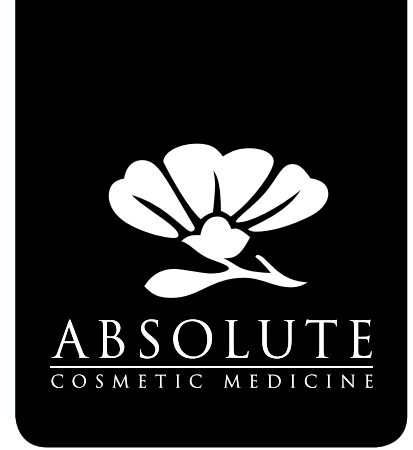


BREAST AUGMENTATION TAKE-HOME CARE SHEET



- Please call our clinic during office hours for any concerns and the after-hours mobile for urgent concerns.
- Ice is good for swelling and discomfort. Please avoid Nurofen and other anti-inflammatories as these can cause bleeding in the first six (6) weeks.
- Some unevenness and swelling can last for six (6) months.
- Polyurethane implants can take longer to settle and reach their final result (Claratyne antihistamines should be taken for 2 weeks after these implants).
- Tingling can occur for six (6) months.
- Quality surgery and aftercare reduces the risk of problems greatly but does not eliminate these. Read the consent form on our website to remind you of the possible risks that can occur due to no fault of you or our staff.
- Do not fly for two (2) weeks.
- The larger the implants the greater the risk of sagging - good support night and day is recommended. Activities that stress the tissues are best avoided. How the body reacts can be unpredictable.
- Our photos are for our records only and it is advisable to take your own for personal use.
- **Remember, we are always here to help and support you.**