



PATIENT RECOVERY GUIDE

Breast Augmentation Aftercare Instructions

Your personalised recovery guide following scarless breast augmentation with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Breast Augmentation		DD / MM / YYYY	DD / MM / YYYY

Your recovery begins the moment your breast augmentation concludes. Because your implant was placed through a small underarm incision, the breast itself is left undisturbed — but the weeks ahead still shape your comfort, your scar, and your long-term result. Follow these instructions closely, wear your support garment, and begin your massage routine when advised: it is the single most important habit for protecting your result.

1 The First 48 Hours

- Rest with support. Keep your upper body slightly elevated; avoid lying flat or reaching overhead.
- Medication. Take prescribed antibiotics and pain relief exactly as directed.
- Support garment. Wear your surgical bra continuously as fitted; it supports the implants and limits swelling.
- Stay mobile. Move gently around the house; you will not be bed-bound. Avoid lifting and overhead reaching.
- Hydrate. Drink water freely. A long-acting local anaesthetic means little or no pain on day one.
- Keep underarms dry. Leave dressings undisturbed and keep the incisions dry until cleared to shower (day 2–3).

2 Recovery Timeline

- DAYS 1 – 3
Initial healing. Mild swelling and tightness in the chest. Shower around day 2–3. Most discomfort is well controlled.
- WEEK 1 – 2
Return to routine. Many return to work within days. Swelling and bruising fade by ~10 days. Continue wearing the garment.
- FROM ~15 DAYS
Swimming & massage. Once healed you may swim. Begin the breast-massage routine to help prevent capsular contracture.
- MONTHS 3 – 6
Final shape. Implants settle into a natural position and the underarm scar fades. Final result becomes visible.

“The breast was never cut — so protect what nature kept. Wear your garment, begin your massage when I advise, and let the implants settle. Patience through these months is part of the result.”
— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Wear your support bra continuously as directed.
- ◇ Sleep on your back, upper body slightly raised.
- ◇ Begin breast massage once advised (~10–15 days).
- ◇ Attend every follow-up appointment.

PLEASE AVOID

- ◇ Lifting, pushing or reaching overhead early.
- ◇ Strenuous or chest exercise until cleared.
- ◇ Smoking, which delays wound healing.
- ◇ Sun exposure on the underarm scar.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Increasing redness, warmth or one-sided swelling.
- Discharge, bleeding or opening of an underarm incision.
- Severe or increasing pain not eased by medication.
- Sudden swelling, firmness or hardening of one breast.
- Calf pain, chest tightness or shortness of breath.

5 Discharge Checklist

- ☐ Support bra fitted and spare provided.
- ☐ Antibiotics and pain relief collected.
- ☐ Wound-care, showering and massage instructions understood.
- ☐ Follow-up appointment date confirmed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any urgent concern during your recovery, call this number at any time.

Website — www.nazmibaycin.com

Next appointment — DD / MM / YYYY · __ : __

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS