

**JAMES W. FOX, IV, M.D.**  
**JOHN H. MOORE JR., M.D.**  
**STEVEN E. COPIT, M.D.**  
**GARY A. TUMA, M.D.**

840 Walnut Street  
Philadelphia, Pa 19107

(215) 625-6630

### **Breast Augmentation**

- You may remove the wrap \_\_\_\_\_, after which you may shower and pat tapes dry. Avoid taking a bath as the tapes should not be soaked.
- Begin exercise of moving the implant around in the pocket after the first post op visit. You will be given instructions on how to do this.
- You may return to normal activities in 3-5 days. Vigorous activities should be avoided for 2 weeks.
- Heavy lifting should be avoided for 4-6 weeks.
- Wear a soft cup or sports bra for 4 weeks after surgery. No underwire due to temporary numbness under the breast from the procedure.