

BREAST LIFT POST-OPERATIVE INSTRUCTIONS

1. **INCISIONS:** The incisions below the breasts will have steri strips covering them. As the tape curls up, you can trim the ends. Sutures from the nipples are removed 6 to 7 days post-op.
2. **WOUND CARE:** You will have suture around your nipples. Clean these areas three times a day with soap and water and apply antibiotic ointment.
3. Continue to wear an ace wrap, tube top or sports bra, except when bathing, for 4 weeks. After 4 weeks, you may wear a bra.
4. **PAIN MEDICATION:** Take your pain medication and antibiotics as directed in the post-op period. You will need to eat before taking the pain medication. Begin the antibiotics the day before surgery. Drink plenty of water with your antibiotic. NOTE: Antibiotic ointment will be used after first post-op visit. DO NOT remove bandage to apply ointment until after visit with Dr. Myers.
5. **REST:** Sleep on your back for 4 weeks. You may put a small pillow under one side of your back for comfort.
6. **BATHING:** You may bathe 2 days after surgery. DO NOT SOAK. Try to keep incisions dry until after the sutures are removed.
7. **SWELLING:** The swelling subsides rapidly in the first 14 days after the operation and more slowly thereafter. You may continue to experience a small amount of noticeable swelling even 8 weeks after surgery.
8. **EXERCISE:** You may resume your usual routine **gradually** after surgery. Avoid over activity, straining or overhead lifting for 4 weeks. You may not participate in sports or do strenuous exercise for 6 weeks after surgery. A good rule to follow is “If it hurts, don’t do it”.
9. **SMOKING:** Do not smoke. If you do smoke, you dramatically increase the risk of complications. Avoid second hand smoke (others around you that smoke) as it can have the same detrimental affects.
10. **DIET:** Maintain a well balanced diet. Good nutrition will help you heal faster in the postoperative period.
11. **FOLLOW UP:** Keep follow up appointments at no charge. First post-op appointment is the next day and then one week after surgery. Instructions on massaging will be given at the third post-op visit, which is three weeks later.
12. **NO HEAVY LIFTING!**
13. **NO PULLING!**
14. **OTHER:** If you have any questions or problems, please phone 936-539-8115.