

AFTER YOUR BREAST AUGMENTATION WITH MASTOPEXY SURGERY

- After your surgery a breast strap will be placed around the top part of your chest. It is placed to keep the breast implants from rising too high on the chest wall. Your incisions will be coated with hypoallergenic brown paper tape. The surgery sites will be covered with gauze and an ace bandage. Please make sure that the ace bandage is not too tight. **Do not apply heat or cold to the surgery sites.**
- Take your antibiotic, pain medications, and muscle relaxants as directed.
- You may remove the ace wrap, gauze and breast strap 48 hours after your surgery and shower. It is OK to get the breasts and incisions wet. After your shower, replace the breast strap around your back across the top part of your breasts. Patients normally wear the breast strap 24/7 for 2 weeks. You may wear a comfortable sports bra after your shower. If you prefer, surgical bras may be purchased through Marena Comfort Wear, 650 Progress Industrial Blvd. Lawrenceville, GA 30043 (1-888-462-7362).
- Swelling and bruising and some drainage from the incisions are normal after surgery. Your implants will appear high, round, and firm – this is a normal early post-operative appearance. It will take 3 weeks -3 months for the implants to settle into their final positions. Over time, post-surgical swelling will resolve and incision lines will fade. Final shape, size, and scarring may take 1-2 years. There may be numbness or hypersensitivity of the nipple and skin as nerves regenerate. These changes resolve with time.
- You may resume your normal diet after surgery. Do not use any nicotine products for 6 weeks after surgery.
- Walking and stair-climbing are permitted immediately after surgery and are encouraged. You may not perform cardio activities, swim, get in a pool or hot tub, or lift more than 5 pounds until 6 weeks after surgery. You may resume sexual activity 2 weeks after surgery.
- You are allowed to drive 24 hours after you have stopped taking your pain medication and muscle relaxant.
- You should be seen in the office 1 week after your surgery. Please call the office for your appointment. You will be instructed in breast implant massage techniques at your post-operative visit.
- The brown tapes will be changed at your first post-operative visit. Two weeks later they will be removed at your next office visit and you will be asked to apply antibiotic ointment to the incisions for one week. Once the incisions are healed (at about 4 weeks), you may begin using scar cream on them. We recommend Biocorneum, which may be purchased in our office.