

AFTER YOUR BREAST LIFT SURGERY

- Your sutures are absorbable and will not have to be removed. You will have hypoallergenic brown tape placed over the incisions at surgery. These will be removed two weeks after surgery at your office visit. It is normal to have some drainage from the incisions for up to two weeks after surgery.
- You may shower 48 hours after surgery; you may bathe immediately as long as the surgical sites do not get wet.
- You will need to take your antibiotics and pain medications as directed.
- Light gauze dressings may be used over the incisions. Limit skin tape use if possible.
- A support bra provided by the surgery center will be worn to minimize swelling and support the breasts as they heal. **Additional bras may be purchased through Marena Comfort Wear, 650 Progress Industrial Blvd. Lawrenceville, Georgia 30043 (1-888-462-7362).** Please wear the bra 24/7 for 6 weeks post-operatively. You may wear regular non-underwire bras after that time. Underwire bras may be worn 6 months post-operatively.
- Please make sure that your dressings are not too tight. You may loosen them as needed.
- Walking is permitted immediately and encouraged to avoid blood clots in the legs and pneumonia. Stair climbing is allowed.
- Do not lift any object heavier than 5 pounds for 6 weeks. Avoid gym, work-out activities, and all sports for 6 weeks. After 6 weeks, you may gradually return to all strengthening and impact activities. Sexual activity may be resumed after 2 weeks.
- You may not get into a hot tub, pool, lake, river or ocean until all the incisions are fully healed and there are no open areas; this usually takes 6-8 weeks.
- You may not smoke or be in the company of second hand smoke for 12 weeks after surgery.
- A repeat mammogram is recommended 6 months after surgery for a new baseline examination.
- The results of your breast lift surgery are immediately visible. Over time, post-surgical swelling will resolve and incision lines will fade. Final shape, size, and scarring may take 1-2 years.
- You will need to be seen in the office two weeks after your surgery. Please call the office to make your appointment.