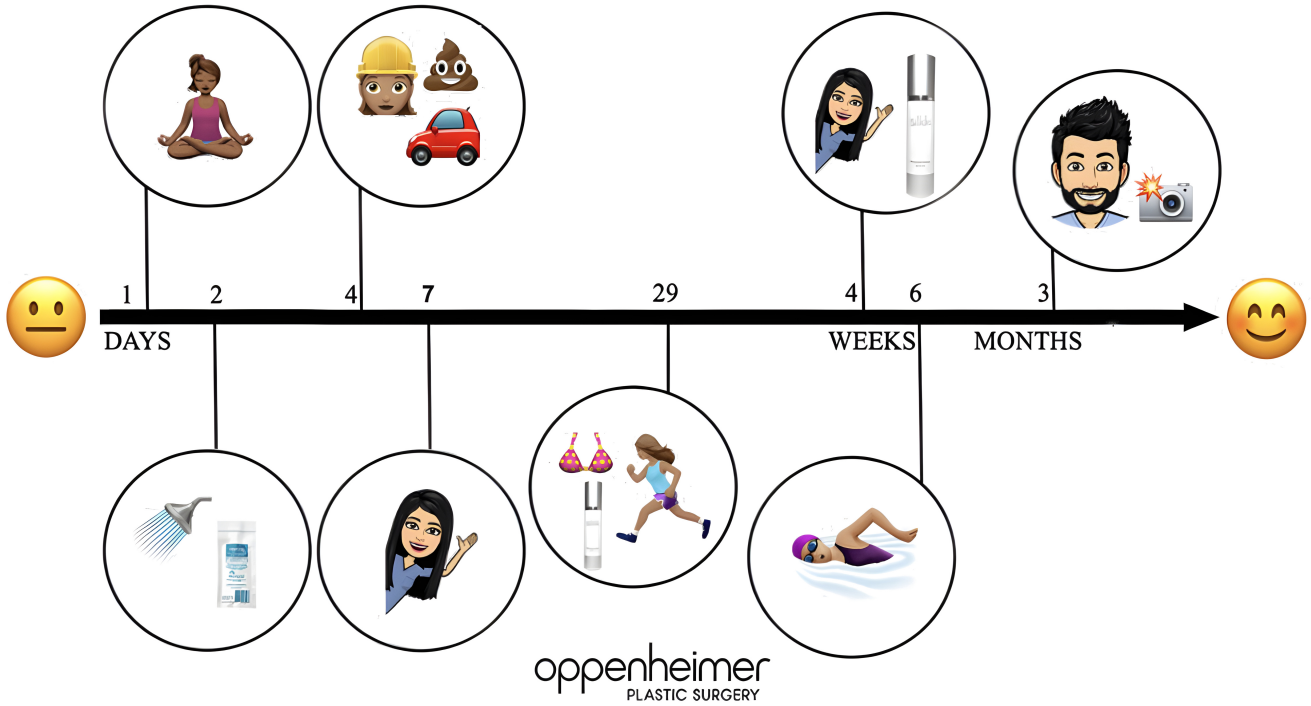
BREAST AUGMENTATION

AFTER SURGERY • Follow your individualized instructions from Dr. Oppenheimer and our clinical team.



FIRST 48 HOURS

Your first shower will generally be **48 hours after surgery**, unless otherwise instructed.

You must have a responsible adult with you. You **cannot be discharged alone** and should not stay alone after surgery.

FIRST MONTH

- Do not lift, push, or pull more than **15 lb**.
- No exercise.
- Sleep at a **30–45° angle**.
- Your bandages remain in place for **1 month**, unless instructed otherwise.

DRIVING • 4 DAYS

You may not drive for **4 days after surgery**, or until specifically cleared by your surgical team.

BREAST SHAPE & EXPECTATIONS

Over the first **3–6 months**, your breasts will settle into place. This is known as “drop & fluff.” The squareness will go away around close to the 3–6 month mark, but it takes time.

BREAST AUGMENTATION

RECOVERY MILESTONES • What to expect as your body heals.

SWELLING & HEALING

Swelling, bruising, tightness, numbness, sensitivity, and changes in breast position or shape can occur during healing.

Your breasts may not look or feel symmetrical immediately after surgery. Shape and position continue to change as swelling decreases and tissues heal.

Healing takes time. Follow your surgeon’s instructions even when your appearance changes from day to day.

ACTIVITY & WATER

For the first month, continue the 15-lb lifting/pushing/pulling restriction, no exercise, and sleep at a 30-45° angle.
Do not submerge in a bathtub, pool, jacuzzi, or other body of water until 6 weeks after surgery, unless cleared sooner.
Resume activities only according to your individualized instructions.

WHEN TO CONTACT US

Contact our office if you have concerns or notice a change that is worsening rather than improving.

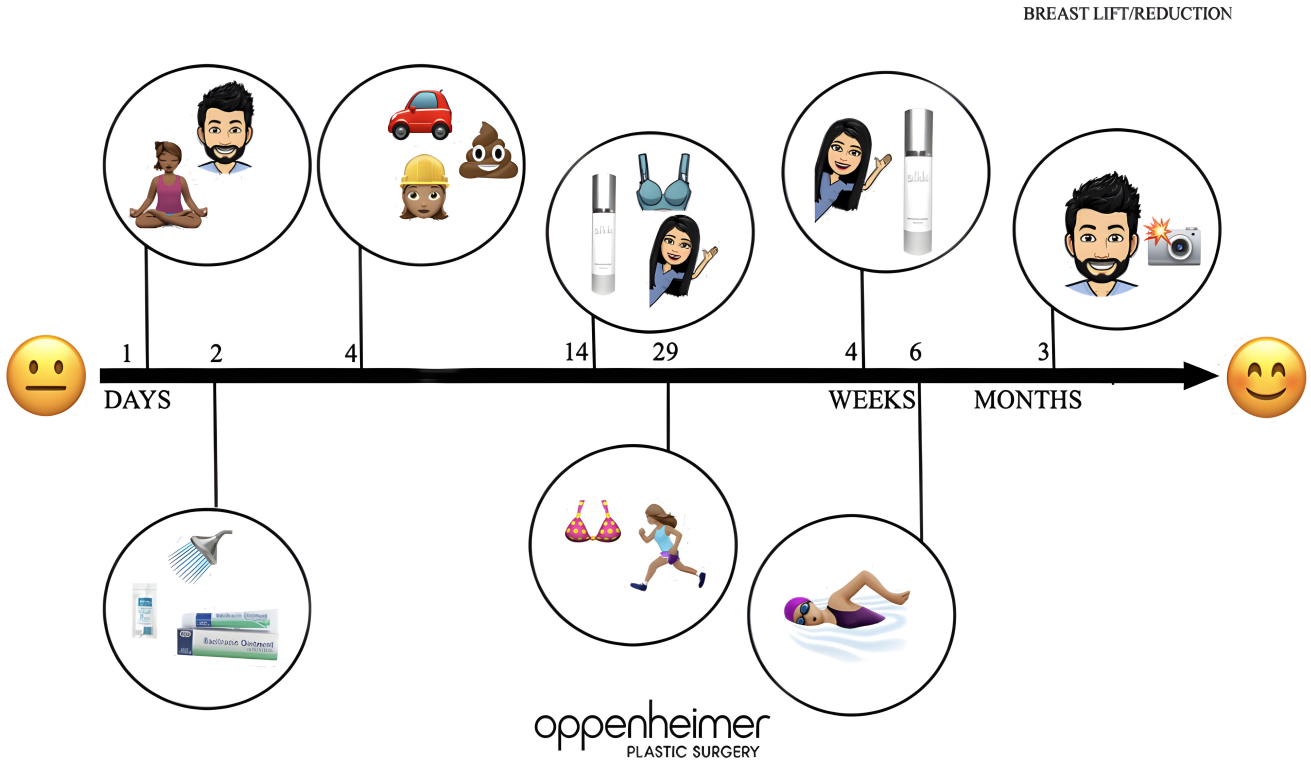
Seek urgent medical attention for severe or rapidly worsening symptoms, difficulty breathing, chest pain, or other emergency symptoms.

REMEMBER

Every patient heals differently. Your individualized post-operative instructions from Dr. Oppenheimer and our clinical team take priority over general information in this guide.

BREAST LIFT / REDUCTION

AFTER SURGERY • Follow your individualized instructions from Dr. Oppenheimer and our clinical team.



FIRST 48 HOURS

Your first shower will generally be **48 hours after surgery**, unless otherwise instructed.

You must have a responsible adult with you. You **cannot be discharged alone** and should not stay alone after surgery.

FIRST MONTH

- Do not lift, push, or pull more than **15 lb**.
- No exercise.
- Sleep at a **30–45° angle**.

Follow your individualized wound-care instructions.

DRIVING • 4 DAYS

You may not drive for **4 days after surgery**, or until specifically cleared by your surgical team.

BREAST SHAPE & EXPECTATIONS

Over the first **3–6 months**, your breasts will settle into place. This is known as “drop & fluff.” The squareness will go away around close to the 3–6 month mark, but it takes time.

BREAST LIFT / REDUCTION

RECOVERY MILESTONES • Dressing care and what to expect as your breasts heal.

DRESSING CARE

Days 1-4: Apply Bacitracin daily to your incisions.
Days 5-6: Apply Aquaphor to your incisions.
At 2 weeks post-op: Begin Silkki® scar gel.
We will go over Xeroform and ABD pad usage in person at your 1-day post-op appointment.

3–6 MONTH EXPECTATIONS

Over the first **3–6 months**, your breasts will settle into place. This is known as **“drop & fluff.”**

The squareness will go away around close to the **3–6 month mark**, but it takes time.

Swelling, firmness, numbness, sensitivity, and changes in shape can occur while healing.

ACTIVITY & WATER

For the first month: **no lifting, pushing, or pulling >15 lb**; no exercise; and sleep at a **30–45° angle**.

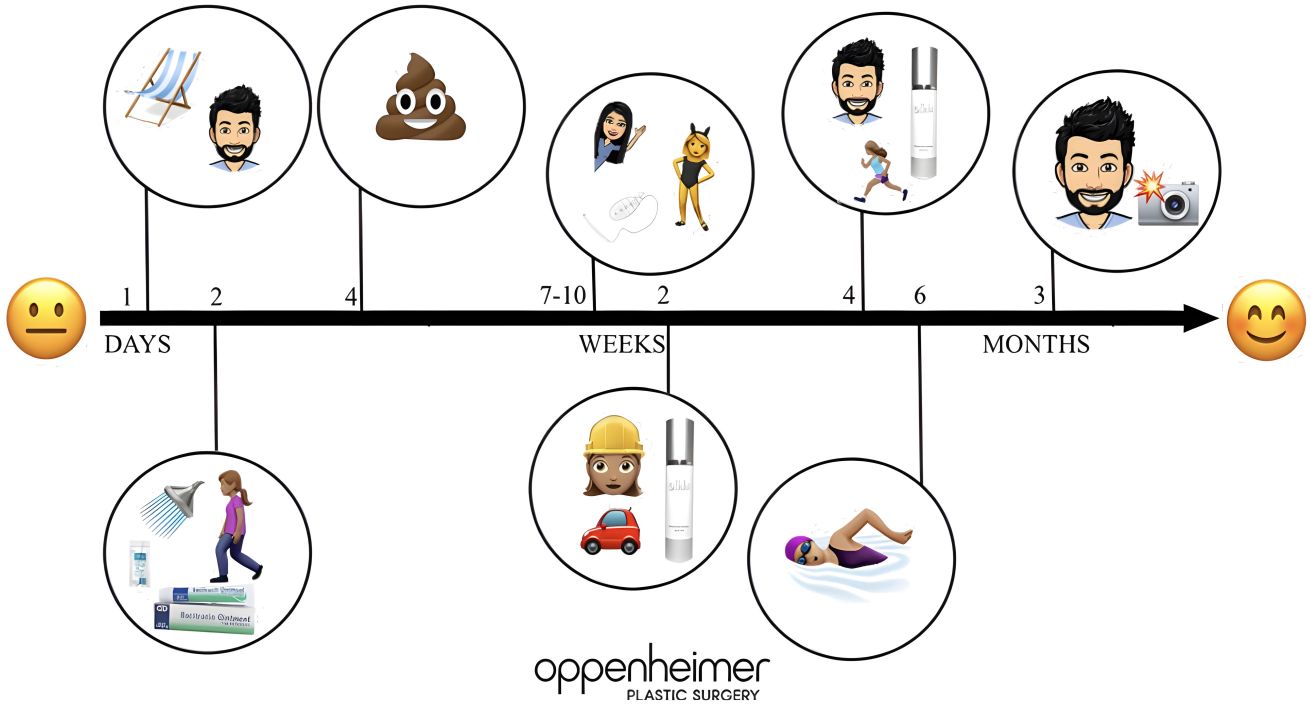
Avoid submerging yourself in a bathtub, pool, jacuzzi, or other body of water until **6 weeks** after surgery, unless cleared sooner.

WHEN TO CONTACT US

Contact our office if you have concerns or notice symptoms that are worsening rather than improving. Seek urgent medical attention for severe or rapidly worsening symptoms, difficulty breathing, chest pain, or other emergency symptoms.

TUMMY TUCK / MOMMY MAKEOVER

AFTER SURGERY • Follow your individualized instructions from Dr. Oppenheimer and our clinical team.



FIRST 48 HOURS

Your first shower will generally be **48 hours after surgery**, unless otherwise instructed.

You must have a responsible adult with you. You **cannot be discharged alone** and may not stay alone at a guest house.

FIRST MONTH

- No lifting, pushing, or pulling more than **15 lb**.
- No exercise.
- Sleep at a **30–45° angle**.
- Wear your provided compression garment **23 hours/day**.
- Bandages remain in place for **1 month**, unless instructed otherwise.

DRIVING, COMPRESSION SOCKS & WATER ACTIVITIES

You may not drive for **2 full weeks after surgery**, or until specifically cleared.

Wear compression socks for **2 weeks** as recommended by Dr. Oppenheimer.

Do not submerge in water until **6 weeks** after surgery.

BELLY BUTTON & INCISION CARE

Clean your belly button daily with soap and water and dry it thoroughly after each shower. Apply Bacitracin to your belly button for the first 4 days, followed by Aquaphor for 2 days.
Begin applying Silkki® scar gel to the belly button at 2 weeks post-op. Follow your individualized instructions for waterproof dressings and drains.

TUMMY TUCK / MOMMY MAKEOVER

RECOVERY MILESTONES • Compression, swelling, scar care, and activity progression.

COMPRESSION & SWELLING

First month: garment 23 hours/day. If your faja is loose, switch to the smaller one you purchased. Do not wear the binder over the faja unless instructed.

1 month: transition to 12 hours/day until 3 months post-op.

Swelling can fluctuate and may persist for **up to 1 year**.

LYMPHATIC MASSAGE

Lumps, bumps, firmness, and uneven areas after liposuction are common and may continue to smooth over **3–6 months**.

Gentle massage may be performed as tolerated.

Do not receive lymphatic massage until your drain sites are completely closed.

1 & 3 MONTH MILESTONES

1 month: cardiovascular exercise only; begin slowly. You may sleep flat on your back or side.

3 months: compression is optional; gradually resume upper-body, core, and Pilates exercises.

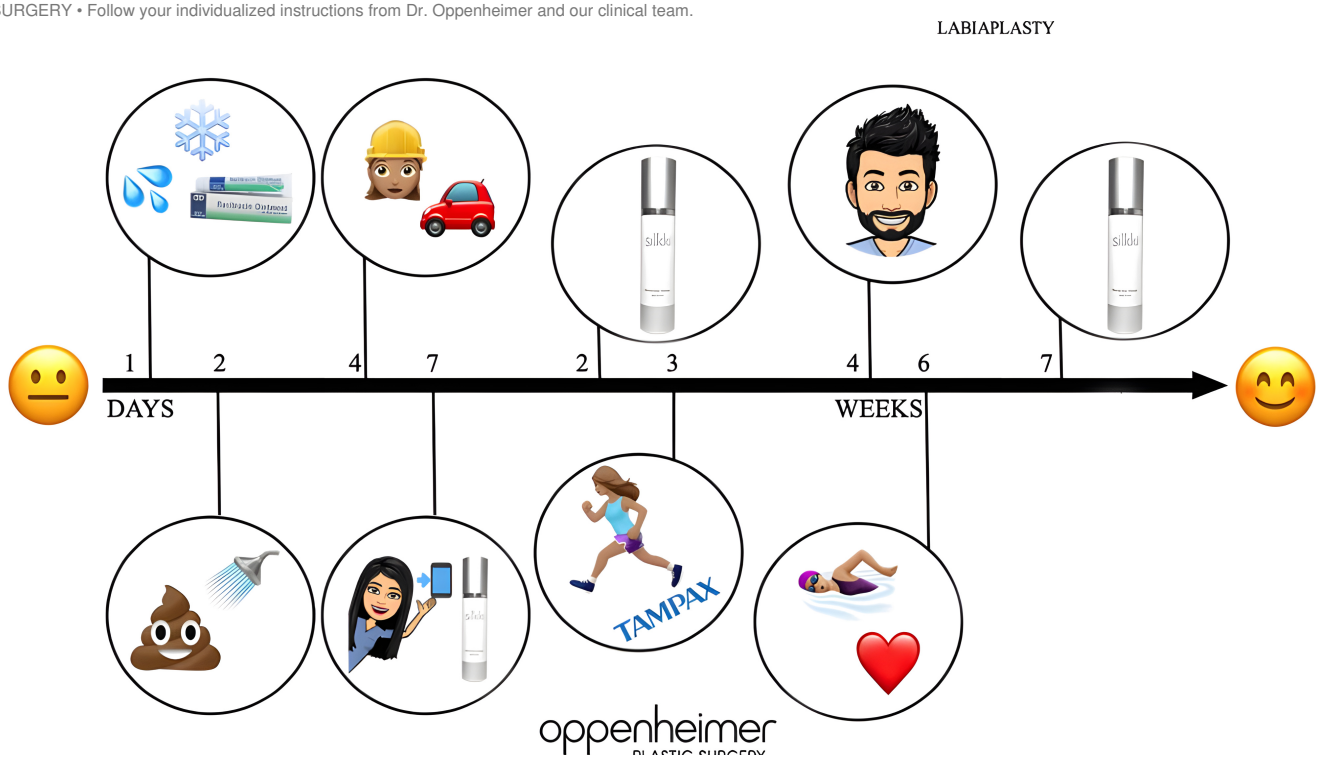
Use **Silkki® scar gel 1–2 times daily** as desired and use SPF on healed incisions before sun exposure.

WHEN TO CONTACT US

Contact our office if you notice a symptom that is worsening rather than improving. Seek urgent medical attention for severe or rapidly worsening symptoms, difficulty breathing, chest pain, or other emergency symptoms.

LABIAPLASTY

AFTER SURGERY • Follow your individualized instructions from Dr. Oppenheimer and our clinical team.



FIRST 48 HOURS

- Use the peri bottle every time you use the restroom.
- Reapply Bacitracin after each use.
- Ice for 15 minutes on / 15 minutes off, then gradually increase breaks.
- Rest and take it easy.

FIRST WEEK

- First shower on day 2; use gentle liquid soap with your hands only.
- Continue peri bottle, Bacitracin and icing as needed.
- Most patients can return to work depending on the type of work and how you feel.
- Avoid strenuous activity and heavy lifting.

DAYS 7-21

- Continue Silkki® scar gel as directed.
- Continue gentle daily hygiene and avoid friction to the area.
- Return gradually to non-strenuous daily activities.
- Continue a peri bottle as needed.

WEEK 3

- May resume light cardio exercise.
- You may use tampons after 3 weeks post-op.
- Continue to avoid high-impact exercise, heavy lifting and activities that cause friction.

1 MONTH

- We will call you for a follow-up.
- Continue showering daily.
- Continue Silkki® scar gel as directed.

6-7+ WEEKS

- Swimming and submerging may resume if incisions are healed.
- Sexual intercourse may resume when comfortable; use lubricant and go gently.
- Laser treatments and waxing may resume.
- Continue Silkki® scar gel as desired.

REMEMBER

Every patient heals differently. Your individualized post-operative instructions from Dr. Oppenheimer and our clinical team take priority over this guide.

LABIAPLASTY

RECOVERY MILESTONES • Daily care, activity, and what to expect as you heal.

DAILY CARE

• Peri bottle: Use every time you use the restroom during day 1 and continue throughout the first week, at minimum. Reapply Bacitracin after each use.

• Icing: Ice for 15 minutes at a time, 15 minutes off, then gradually increase breaks as swelling improves.

• Bacitracin: Apply a thin layer after each restroom use for the first week or as directed.

SHOWERING & CLOTHING

• Showering: Begin on day 2 and continue daily. Use gentle liquid soap with your hands only; no loofah or washcloth. Use lukewarm water and do not scrub.

• Clothing: Wear loose, comfortable clothing and 100% cotton underwear.

• Bowel movements: Take stool softeners as directed to avoid straining. Stay hydrated and follow a high-protein, low-sodium diet.

ACTIVITY & LIFESTYLE

• Work: Most patients can return around day 4 depending on the type of work and how you feel.

• Exercise: Light cardio may resume after 3 weeks. Avoid high-impact exercise and activities that cause friction for at least 6 weeks.

• Lifting: Avoid heavy lifting, pushing or pulling for at least 6 weeks.

• Pets: Avoid having pets sleep in the bed with you.

• Alcohol: Avoid alcohol for at least 1 week after surgery.

PERIODS, TAMPONS, SEX & SWIMMING

Tampons may resume after 3 weeks. Sexual intercourse may resume after 6 weeks when comfortable; use lubricant and go gently. Swimming/submerging and laser or waxing may resume after 6 weeks if incisions are healed.

WHAT'S NORMAL DURING HEALING?

• Bruising can be more noticeable in the first 1-3 weeks.

• Swelling and tenderness are expected and should gradually improve.

• Light bleeding or pink/yellow drainage may occur during early healing.

HEALING CHANGES

• Itching, stinging or sensitivity can occur while tissue heals.

• Temporary changes in sensation and asymmetry can occur.

• Final results continue to improve over several months.

WHEN TO CONTACT US

· Increasing redness, warmth or swelling.

· Foul-smelling drainage or pus.

· Fever of 100.4°F or higher.

· Worsening pain not controlled with medication.

· Any other concerns.

REMEMBER

Every patient heals differently. Your individualized post-operative instructions from Dr. Oppenheimer and our clinical team take priority over this guide.