



Breast Lift Recovery Guide

WITH DR. NICHOLAS WINGATE

Follow-Up Appointments

We'll see you at key moments in your healing journey:

- Day 1: Initial post-op check
- Week 1: Healing evaluation
- Week 4-6: Progress assessment
- Week 16 Result evaluation and photographs

Preparing for Surgery

For your comfort and safety:

- Discontinue aspirin, Advil, ibuprofen, fish oil, omega-3s, and blood-thinning supplements at least 10 days before surgery, unless specifically approved by Dr. Wingate.
- Avoid NSAIDs and other anti-inflammatory agents for at least 1 month prior to surgery.
- Arrange for someone to drive you home and stay with you during the first couple of days.

Post-Surgery Activity

Returning to Routine

- Most patients return to desk work within 1 week.
- Swelling and tightness may persist, but normal daily activity usually resumes within 7–10 days.
- Avoid high-impact activity until cleared (usually 4-6 weeks).

Showering & Bathing

- You may shower the day after surgery using a gentle, fragrance-free cleanser.
- Avoid soaking in a tub, hot tub, or pool until approved by Dr. Wingate.

What to Wear

- You'll return home in a surgical bra or wrap, which should be worn for the first few days to one week.
- After that, switch to a lightly compressive sports bra, ideally one that opens in the front.
- Avoid underwire bras until Dr. Wingate gives you the green light (or never at all).
- Slight swelling may last for several months —hold off on shopping for new bras until healing has progressed.

Comfort & Pain Management

- Please fill your prescriptions before surgery, so they're ready when you get home.
- Most patients transition to Tylenol + Advil by day two.
- The most common discomfort comes from movement of the breast—light compression helps minimize this.
- Rest, gentle movement, and a calm environment all support a smooth recovery.

Healing Expectations

- Swelling and mild bruising are normal and may take several months to fully resolve.
- Some light drainage from your incisions is expected during the first few days.
- The best way to minimize swelling is to limit strenuous activity and wear your recommended compression garments consistently.

At Wingate Plastic Surgery, we prioritize your safety, comfort, and satisfaction throughout your recovery. If you have questions at any point, please reach out—we are here to support you.