



DR. COURTNEY
PLASTIC SURGERY

BREAST LIFT

Postoperative Care

POST-OP:

The first 24 hours are best spent resting. You must have someone with you at all times for the first 24 hours and he/she must also read these instructions carefully. When general anesthesia is used, the tube placed in the throat may cause the throat to be sore. This is best relieved with cold liquids. The soreness disappears in a few days.

- **1 week follow up:** Wound will be checked and drain will be removed.
- **3 week follow up:** Will trim whiskers once prineo is off and beginning of breast massage.
- **6 week follow up:** Switch to normal bra and should be cleared from restrictions.

DIET:

If you have no nausea, then you can take liquids. If liquids are tolerated, then mild, bland foods may be tried next.

ACTIVITY:

No strenuous activity is allowed for 6 weeks. When lying down be certain not to lie flat, but to elevate your head. **DO NOT RAISE YOUR ARMS, DO NOT MASSAGE OR APPLY ANY PRESSURE TO YOUR BREAST AND DO NOT LIFT ANYTHING OVER 10 LBS FOR THE NEXT 6 WEEKS.**

SHOWER:

You may begin showering the second day after your surgery. You may remove the gauze pads if they are present. However, the tape strips (steri-strips) **MUST BE LEFT IN PLACE!** DO NOT let the water hit directly on the breast or tape and simply pat the tape strips dry with a soft towel if they get wet.

DRESSING:

After two days, you may remove the bra for bathing yourself or washing the bra; otherwise, it should be worn at all times. **DO NOT REMOVE THE TAPE STRIPS** (steristrips) present on the breast/chest. The steri-strips will come out by themselves in around 3 weeks time.

CLOTHING:

For ease in changing clothes without discomfort, wear clothing that fastens in the front for the first few days and on the day of surgery.

MEDICATION:

All your medications will be prescribed for you during your preoperative visit at our office. Please fill these prescriptions prior to your surgery. Take your medications as prescribed. Do not to take pain medication on an empty stomach; it can cause nausea.

PROBLEMS:

If you have any problems or questions following surgery, please call Elsa at (713) 489-1630 or email Elsa@drcourtney.com

Print Name:

Signature:

Date Received