



C O U R T N E Y  
P L A S T I C   S U R G E R Y

## **BREAST LIFT / BREAST REDUCTION**

**SCHEDULE** Your first follow up appointment will be 1-week post-op, 3 weeks for tape removal, 3 months, and yearly after that. (This may vary for some patients.)

**ACTIVITY** Take it easy for the first few days following surgery. You may resume light activities at your discretion while avoiding any sort of lifting, pushing, or pulling anything greater than 10-15lbs. Most patients return to work after a long weekend if your job is not very physical. Avoid all exercise and all aerobic activities which elevate your heart rate for the first six weeks. After 6 weeks you may ease back into your normal routine.

**MEDICATIONS** Do not take any of your medications on an empty stomach and take as prescribed. All pain and anxiety medications should be spaced out by 2-3 hours. Remember not to take any Aspirin containing medications.

**BRA** After surgery you will be wrapped in an Ace bandage, which you should keep on for the first 24 hours. Once you remove the bandaging, you can transition into the sports bra that was provided to you. No push up or underwire bras for 6 weeks. It is extremely important that you wear good support to help your breasts maintain their shape over time.

**INCISION** You will have Prineo tape over your incisions that we will remove for you 3-4 weeks post-op. All sutures are internal and dissolvable. Inspect daily for any visible signs of infection. Light bleeding from the incisions is normal. You may start using Biocorneum Scar Therapy after tapes are removed. It takes all incisions about a year to mature. No sun exposure for 12 months.

**BATHING** You may shower 24-hours after surgery. Shower with your back towards the water head to avoid pressure hitting directly on breasts and to keep incisions as dry as possible. It is OK if incisions get a little damp. No submerging in any water for 8 weeks.

**WHAT TO EXPECT** Initially, your breasts will sit high and tight. A moderate amount of discomfort is to be expected. This will improve daily. Do not use any hot or cold compresses. It is not unusual for the two breasts to differ in how they look, feel, and settle in the early phase. Sensation changes may occur, typically this is not permanent. You may experience sharp pains, nerve tingling, or burning sensations.

**CONCERNS** Look out for excessive swelling (one breast is significantly larger than other), severe bruising, redness, fevers over 100.5, pain not controlled with medications, and excessive bleeding from incisions that is not controlled with light pressure. Don't hesitate to call our office if in doubt.

**SLEEP** Head above heart for the first 2 weeks. No side sleeping for 6 weeks. No tummy sleeping for 3 months.