

Post-Operative Instructions for all Breast Procedures

Augmentation, Reduction, Lift, Mastopexy, Reconstruction

You should know that following the surgery all patients will experience some minor discomfort for several weeks. You will find that your chest is bruised and swollen. Although you should be up and about as quickly as the day of your surgery, you should avoid strenuous activity for 4 weeks. However, if your work does not involve any major physical activity, you will be able to return to work within 1-2 weeks. Immediately following the surgery, it is recommended that you prepare for 1 week of rest that will allow your body to replenish its energy. Immediately post-operatively, Dr. Tijunelis will typically prescribe antibiotics, and medicine for pain and/or nausea. If you have drains, please see post-operative instructions for drains. If you elect to have a pain pump, please read our post-operative instructions for pain pumps.

During the week immediately following the surgery, you can wear an ace bandage or comfortably snug sports bra. This should be worn for anywhere between one and four weeks to help your body adjust to its new changes. During recovery, it is strongly recommended that you avoid wearing an under-wire bra. To speed up the recovery process, it is recommended that you follow these steps during the first week following your breast lift surgery:

- Apply cold packs to your chest on the day of your surgery, every hour for 20 minutes.
- Avoid sleeping on your stomach for at least two weeks following the surgery by sleeping in an upright position.
- It is **very important** to wash and clean your incisions in the shower DAILY after the drains have been removed.
- Avoid any physical activity that could increase pressure in your chest such as exercise, bending over, or strain as this can result in unnecessary swelling or bleeding.
- Your incision may be closed with a topical surgical adhesive. It is important that you do not rub, scratch, or pick at the incision as this may prematurely open up the freshly healing wound. You should still wash your incisions in the shower.

Although you will be able to return to your regular social activities within two weeks following the surgery, it is recommended that you limit physical exercise to simple stretching, bending, and swimming. It is also advised that you wear a good sports bra to support your cosmetically reconfigured breasts for four to six weeks. Following these instructions, will ensure that the breast surgery will result in the best cosmetic appearance possible.

PLEASE CALL OUR OFFICE if there 1). seems to be excessive bleeding on your dressing (more than spotting) which does not stop, 2). if one breast grows larger and more painful than the other, or 3). if redness or actual pus begins to drain through incisions (this can happen between 4-7 days) 4). if you have a fever >100.5 degrees.

If you have any questions or concerns, regardless of whether it is after normal office hours, **please call our office at (847) 968-2401.**