



## **PLASTIC SURGERY INSTITUTE OF OHIO**

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### **POSTOPERATIVE BREAST LIFT INSTRUCTIONS**

1. Wear your surgical bra 24 hours per day for the next week, except in the shower. You may shower tomorrow, the day after surgery. Tub bathing is not permitted.
2. Sleep on your back to keep pressure off the breasts.
3. If Steri-Strips are covering your stitches, pat them dry after your shower. No further care will be needed until you are seen in the office in one week.
4. Your breasts will be swollen. One side may be more swollen than the opposite breast. Your breasts may also appear slightly higher on your chest; this is due to swelling. Don't be concerned about the size and position of the implants because of swelling.
5. If one breast would significantly swell by several cup sizes, call our office..
6. Nipple sensation can change temporarily secondary to swelling. Either numbness or hypersensitivity can also occur temporarily.
7. No strenuous activity, heavy lifting, or aerobics for 3 to 4 weeks after surgery.
8. Cold packs to breasts for comfort or swelling.
9. Take your medications as prescribed:

Antibiotic: \_\_\_\_\_

Pain medicine: \_\_\_\_\_

10. Make an appointment with our office for one week following surgery.
11. If you have any questions after surgery, call our office.