



## SUMMARY OF POST SURGERY INSTRUCTIONS FOLLOWING **BREAST LIFT**

### DRESSINGS AND MEDICATIONS

Taped waterproof dressings to stay on for one week, changed every week for three weeks for protection from the garment. All prescribed medications to be taken as instructed.

### FOLLOW UP APPOINTMENTS

At 1 week, 3 weeks and 4 and 12 months, but this can vary.

### TIME OFF WORK

Typically 1 week.

### GARMENTS

Specialist garment for 4 weeks. Sports bra worn for 4 weeks. An underwired bra after this time.

### WASHING

Shower from day one as you have a waterproof dressing and skin glue.  
No baths.

### BEACH AND SWIMMING

After all wounds are dry and healed at approximately 4 weeks.

### SLEEPING POSITION

Sleeping on back recommended for 4 weeks.

### MOBILITY

Immediately.

### DRIVING

At 1 week with a towel wrapped around the seat belt for protection.

### EXERCISE

None for 4 weeks. NO heavy lifting or exertional jerking chest exercises for 6 weeks.

### FULL RECOVERY

4-6 weeks.

### FINAL APPEARANCE

Breast shape at 6 months, scars at 18 months.

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YOUR NOTES AND QUESTIONS