

Post-Operative Instructions for Augmentation Mastopexy (Breast Lift with Implants)

1. Immediate Post-Surgery Care (First 24-48 Hours)

- **Rest:** Plan to rest with your head and upper body elevated at a 30-45° angle to minimize swelling and promote healing. Avoid sleeping on your stomach or sides.
- **Compression Garment:** Wear the surgical bra or compression garment provided by your surgeon at all times, except when showering, as instructed.
- **Drain Care (if applicable):** If drains are placed, follow your surgeon's instructions for emptying and measuring fluid output.

2. Pain and Medications

- **Pain Management:** Take prescribed pain medications as directed to manage discomfort. Over-the-counter options may be used if approved by your surgeon.
- **Antibiotics:** Complete the prescribed course of antibiotics to prevent infection.
- **Avoid NSAIDs:** Unless directed otherwise, avoid aspirin, ibuprofen, or other blood-thinning medications.

3. Activity Restrictions

- **No Lifting or Straining:** Avoid lifting anything heavier than 5-10 pounds for at least 4-6 weeks.
- **Avoid Upper Body Movement:** Refrain from raising your arms above shoulder height or engaging in activities that strain the chest muscles.
- **Exercise:** Light walking is encouraged to promote circulation, but avoid strenuous activities and exercise for 6-8 weeks or until cleared by your surgeon.

4. Wound and Scar Care

- **Incision Care:** Keep the incision sites clean and dry. Use prescribed ointments or dressings as instructed.
- **No Scratching:** Avoid picking at scabs or scratching the incision area.
- **Showering:** Follow your surgeon's instructions about when to shower. Generally, you may shower 24-48 hours after drains are removed or as advised. Avoid soaking in tubs, pools, or hot tubs until cleared.
- **Scar Management:** Once the incisions are fully healed, use silicone sheets, scar creams, or other treatments recommended by your surgeon to minimize scarring.

5. Swelling and Bruising

- **Swelling:** Swelling is normal and may take several weeks to subside. Wearing your compression garment helps manage swelling.
- **Bruising:** Mild bruising around the breasts is normal and will fade over time.

6. Sleeping Position

- Sleep on your back with your upper body elevated for at least 4-6 weeks to reduce swelling and avoid pressure on the breasts.

7. Clothing

- Wear loose, comfortable clothing that is easy to put on and take off (e.g., button-up or zip-up tops).
- Avoid underwire bras for at least 6-8 weeks or until advised by your surgeon.

8. Follow-Up Appointments

- Attend all scheduled follow-ups with your surgeon to monitor your healing and ensure optimal results.
- Bring any concerns, such as excessive pain, redness, or swelling, to your surgeon's attention immediately.

9. Watch for Warning Signs

Contact your surgeon immediately if you notice:

- Persistent or worsening pain unrelieved by medication.
- Significant swelling or redness around the incision site.
- Unusual discharge from the incisions or drains (e.g., pus).
- Fever above 101°F (38.3°C).
- Shortness of breath or chest pain.

10. Long-Term Care and Maintenance

- **Supportive Bras:** Continue wearing supportive bras as instructed to maintain the shape and longevity of your results.
- **Scar Protection:** Protect scars from direct sun exposure using sunscreen or clothing for at least a year.
- **Breast Massage:** If advised by your surgeon, perform breast massages to prevent capsular contracture (consult for specific instructions).

Expected Results

- Swelling will gradually subside over the next several weeks to months. Final results are typically visible at 3-6 months post-op.
- Regular follow-ups ensure proper healing and satisfaction with results.

Note: Follow all personalized instructions provided by your surgeon, as individual protocols may vary. If you have any questions or concerns, don't hesitate to reach out to your surgical team.

Would you like this information in a printable format or need additional guidance?