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**PRE AND POST-OPERATIVE INSTRUCTIONS:
Breast Lift**

After breast lift surgery, there is frequently considerable discomfort. This can be controlled with the prescriptions your physician has given you. Use these as directed.

Nausea is controlled with the medication that your physician has given you. Take as directed. If you continue to have nausea, please notify your physician.

Prop your back up on pillows when lying down.

After surgery, you will be placed in a support bra. You should wear this in place of your regular bra.

Do not lift more than five pounds, and avoid overhead lifting for two weeks.

Take sponge baths for the first two days, keeping initial dressing dry and undisturbed. On the third day you may remove the dressing down to Steri-Strips™ and shower if you like.

It is very important that you keep your first post-operative appointment and will need to have someone drive you. Take your pain medication before coming to the appointment.

Swelling and discoloration of the breasts is normal and will disappear within two to four weeks.

Avoid sun exposure on the breasts (even in a bathing suit) for six weeks while the scars mature.

The time it takes to work, driving, and exercise varies from patient to patient. Please discuss this with your physician.

Call the office if you experience any swelling, bleeding, or severe pain that is not controlled with the pain medication.