



Patient Instructions for Breast Lift

Day One Post-Operative:

1. REST AND RELAX! Considerable discomfort is to be expected. Prop your back up with pillows when lying down.
2. After surgery, you will be placed in a support bra. Wear this until your next appointment.
3. Take your prescribed medications as directed to remain comfortable.
4. Avoid taking Aspirin, Ibuprofen, Aleve, fish oils, vitamin e, Herbal supplements, etc. as these are blood thinning and may increase bruising for a minimum of 2 weeks after procedure.
5. Drink plenty of fluid. Avoid alcohol and caffeine.
6. Avoid bending over, lifting or straining. Stay in bed and relax.
7. Swelling and discoloration of the breasts is normal and usually disappears within two weeks.

Day Two Post-Operative:

1. Your surgical bra should be worn at all times the first week.
2. Avoid submerging your body in any water until you receive clearance from Dr. Perry (usually 6 weeks).

Day Three Post-Operative:

1. Take sponge baths the first two days, keeping initial dressing dry and undisturbed. After the week 1 visit, you make remove the dressing down to the Steri-strips and shower. Keep breast dry.
2. Your breasts are expected to be swollen and sore for a few weeks following surgery.
3. Driving or operating machinery must be avoided for at least the first week and while taking any narcotic pain medication.

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