



MICHAEL J. BROWN, M.D., P.L.L.C.

Aesthetic Cosmetic Plastic Surgery

Breast Lift Post-Operative Instructions

Diet/Medications:

- Start with sips of clear liquids and advance diet as tolerated.
- **DO NOT** take your pain pills on an **empty stomach**, or at the **same time** as your antibiotic, this will increase nausea.
- Start the antibiotic **as instructed** after surgery and continue **until it is completed**. If you are nauseous, start the antibiotic the next day.
- You may begin taking **ibuprofen one week** after surgery.

Activity/Incisions:

- You may be up and around the day of your surgery as tolerated.
- You may raise your arms as tolerated, there are no restrictions.
- Please rest with a few pillows under your head and shoulders.
- You may sponge bathe the day after surgery. The following day, you may remove your outer dressings and shower. Leave the steri-strips over the incision site. **DO NOT** submerge your incision sites. **NO** lotions or oils need to be put on incisions.
- **DO NOT** drive until after your post-op visit.

What to look for:

- It is normal to have some swelling. This usually maximizes at 24-48 hours.
- If bruising occurs, generally it is around the incision site only, and subsides in a few days. It is rare to have bruising extend onto your chest.
- **Notify the office if you experience any of the following:**
 1. If one breast appears much larger than the other.
 2. A temperature above 101.5°.
 3. If you develop redness on your breast (like sunburn).

After 1st follow-up appointment:

- Continue wearing your front closure bra, or other bra preferably WITH an underwire.
- Steri-strips should remain on for one month. If they begin to peel off, you may trim and/or re-apply paper tape to incisions.
- The nurse will move your implants at your 1st post-operative appointment, and then again at your 2 week appointment.
- Increasing your heart rate too soon may cause bleeding. You may walk, but **avoid** strenuous aerobic exercise. You can make your chest tender again if you begin too soon or work out too hard.
- **Avoid** sleeping on your stomach.
- **Avoid tanning beds or sun exposure to the incisions.**

PLEASE CALL THE OFFICE WITH ANY QUESTIONS 703-706-1175. If after hours you may reach Dr. Brown directly at his home phone number: .