



Breast Lift Post Op Instructions

Breast Lift (Mastopexy)

Dressings: A bulky chest dressing will be present for 3-4 days. Some oozing of blood may occur (this is normal). We will change this in the office and change to a sports bra.

Bleeding: Small amounts of oozing and bleeding are very common.

Wearing Your Bra: A bra will be placed in the office 3-4 days after surgery. The bra acts as a “dressing”, holding the breasts in perfect position. We want you to wear the bra at all times for at least 3 weeks. After 3 weeks, if you are healing without difficulty, you may sleep without the bra. You should not go braless during the day for 6 weeks after surgery. You will probably be more comfortable if you do not wear an underwire bra.

Showering and Bathing: Water does not hurt healing incisions. You may shower or bathe once the gauze dressings are removed.

You may leave the adhesive strips (steri-strips) in place if they are adherent. If they come loose, remove them.

Driving: You may drive when driving does not cause pain. This usually occurs in 4-6 days if you have a car with power steering.

Exercise: You may take gentle walks within a few days. Do not return to aerobic exercise for 3 weeks.