



BEFORE YOUR SURGERY

- Arrange for a caregiver (18 years or older) who can take you home and be with you 24 hours post-op.
- Arrange for childcare, if needed.
- Our office will contact you the business day before your surgery with your scheduled time.
- In case of scheduling changes, be available and have your phone on you day of surgery for any updates.

SHOWERING AND AFTERCARE

You may shower 24 hours after surgery (however, no baths, pools, hot tubs, or oceans).

The padded gauze may be removed but keep the surgical tape in place. Pat dry before placing your bra back on.

SLEEP

Sleep on your back, elevated at a 30 to 45-degree angle until your doctor advises otherwise. Avoid sleeping on your stomach or sides.

WEARING YOUR BRA

We will provide a bra that has been fitted for you after surgery. Wear this 24/7 until your doctor directs you otherwise. When approved by your doctor, you may start wearing a soft, supportive bra without underwires or excessive tightness.

ONE WEEK FOLLOW-UP VISIT

A nurse will check your incision, assess your healing, and remove the surgical tape covering your incisions.

UNEXPECTED THINGS THAT ARE NORMAL

- Breasts may appear “boxy” or high, but they will settle over time. Once healed, your doctor will provide massage instructions, if needed.
- It is normal to have nipple sensitivity and some nerve pain as healing progresses.
- Your breasts will have swelling and pain. It is common to have more pain on one side than the other, however, it is a concern if there’s significant uneven swelling.
- It is also normal to have a low-grade fever after surgery, but it becomes a concern if it is greater than 101.5°F.

REMEMBER

No bending or pushing or pulling greater than 10 pounds until directed by your doctor to increase activity.

FUN FACT

Drinking pineapple juice and applying arnica can help with bruising and swelling.

If you have immediate concerns, please call the office at 757.873.3500.