



## Breast Lift with Implants Post-Operative Instructions

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*Your guide to a smooth and confident recovery*

Nursing phone number: 437-494-3536

*Outside of business hours, texting is available on the nursing line. For emergencies, please go to your nearest emergency room.*

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### Dressings & Wound Care

- Keep your dressings **clean and dry for the first 3 days**.
- After 3 days, you may shower avoiding getting your incision area wet.
- Remove any cloth bandages, but keep **steri-strips** in place until your first post-operative visit.
- Steri-strips will loosen and fall off naturally; all tape should be removed by **2 weeks**.
- All stitches are internal and dissolve on their own. If a small knot is visible after 2 weeks, it may be trimmed gently with clean scissors.
- If any incision drains clear or yellow fluid, gently wash with mild soap twice daily, apply **Polysporin**, and cover lightly.
- Incisions under the breast and around the areola may feel firm or lumpy during early healing — this is normal.

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### Support Bra

- You will wake up wearing a supportive surgical bra.
- Wear this bra **day and night for 4 weeks**, removing it only for showering.
- After 4 weeks, transition to a **soft, supportive, non-underwire bra**.
- Avoid underwire bras for **6 weeks**, as they can irritate the incisions and affect implant positioning.

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### Implant Settling

- The breasts will initially appear **high, tight, or swollen**.
- Implants gradually settle ("drop and fluff") over **6–12 weeks**.
- Mild asymmetry during early healing is very common and improves with time.

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### Pain & Medication

- Most patients find discomfort manageable. You may be prescribed:
  - **Tylenol Extra Strength** – every 6 hours
  - **Celebrex (Celecoxib)** – every 12 hours
  - **Hydromorphone** – as needed (no more than every 6 hours)
- Take Tylenol and Celebrex regularly; use Hydromorphone only if required.
- To prevent constipation:
  - **Colace 200 mg twice daily**
  - **Milk of Magnesia 15–30 cc at bedtime**
  - Drink plenty of fluids + eat fiber-rich foods



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### Diet & Hydration

- After anesthesia, start with **clear fluids** such as water, tea, or apple juice.
  - Progress to light foods (soup, crackers), then resume a normal diet the next day.
  - If nausea persists, **Gravol** may be used as needed.
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### Bruising & Arnica

- Bruising and swelling are normal and usually settle within **2–3 weeks**.
  - Arnica may help reduce bruising:
    - **Oral pellets:** start 2 days before surgery, continue 3–5 days after
    - **Topical gel:** apply once gentle massage is comfortable, and **not directly on incisions**
  - Avoid Arnica if allergic to **daisy-family plants**.
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### Fever & Infection

- A low-grade fever ( $\leq 37.8^{\circ}\text{C}$ ) the day after surgery is common.
  - Deep breaths and gentle coughing help clear the lungs.
  - Contact us if you experience:
    - Increasing redness
    - Warmth or swelling at the incision
    - Foul-smelling drainage
    - Worsening pain
  - Severe symptoms should be assessed at the nearest emergency department.
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### Scar Care & Massage

- Once steri-strips have been removed (10–14 days), begin **gentle scar massage** twice daily with your recommended scar gel.
  - After 1 week of gentle massage, increase to **firmer circular motions**.
  - Continue for **at least 3 months** to soften and flatten scars.
  - Avoid sun or tanning on new scars for **4 months**.
  - Silicone sheeting may be used if scars remain red or raised after 6 weeks.
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### Mobility & Activity

- Begin **light walking** the day after surgery to promote circulation.
- Avoid lifting more than 5 lbs, raising your arms above shoulder height, or engaging chest muscles for **2 weeks**.
- Most daily activities can resume by **4–5 weeks**.



- Exercise usually resumes at **6–8 weeks**, starting slowly.
- Do not drive if you are taking narcotics, feel sedated, or cannot move comfortably.

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### Nipple Sensation

- Temporary nipple **numbness or hypersensitivity** is common and usually improves over several months.
- Sensation may fluctuate during the first year.

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### Sleeping Position

- Sleep **on your back** with your upper body slightly elevated for the first 2 weeks.
- Avoid sleeping on your side or stomach until it cleared, typically after **6 weeks**.

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### Emotional Recovery

Feeling emotional or discouraged in the first few days is very normal. Swelling, bruising, and implant height can temporarily distort breast appearance. As healing progresses over the next several weeks, shape and symmetry significantly improve.

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### When to Contact Us

Please contact **Aspect Plastic Surgery** if you experience:

- Pain not controlled by medication
- Rapid swelling or a firm, enlarging lump (possible hematoma)
- Redness, warmth, or foul-smelling drainage
- Fever > 38°C
- Shortness of breath, calf pain, or chest pain

If urgent and our office is closed, please visit **North York General Hospital Emergency Department** or your nearest emergency facility.