

POST-SURGERY INSTRUCTIONS: GYNECOMASTIA CORRECTION

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have good outcomes. **Final results take 3 to 4 months.**

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms and signs to watch out for after gynecomastia correction surgery:

Tightness and stiffness in treated areas. Bruising, swelling and redness. Tingling, burning, numbness or intermittent shooting pain. These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort. **Consistent sharp pain should be reported to our office immediately.**

Skin firmness, hypersensitivity or lack of sensitivity. This is normal and will gradually resolve over time.

Shiny or itchy skin. Swelling can cause the skin in treated areas to appear shiny. An antihistamine like Benadryl can help to alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**

Asymmetry: both sides of your body heal differently. One side of your body may look or feel quite different from the other in the days following surgery. This is normal.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch.**
- **Shortness of breath.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen appearance localized to one area of the chest.**

FOR THE FIRST WEEK

Whether you are released after surgery or after an overnight stay in a recovery center or hospital, you will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you.

- **Rest, but not bed rest.** While rest is important in the early stages of healing, equally important is that you are ambulatory: meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover.
- **Recline, do not lie down.** This will be more comfortable, and can reduce swelling. Always keep your head elevated. Do not bend forward or over. Do not exercise.
- **Good nutrition.** Fluids are critical following surgery. Stick to non-carbonated, non-alcoholic, and green tea-free beverages including fruit juices and water, milk and yogurt drinks. You must consume at least 8 ounces of fluid every 2 hours. Stick with soft, bland, nutritious food for the first 24 hours.
- **Take all medication, exactly as prescribed.** Take pain medication only as needed. Do not take blood thinning medication.
- **Change your incision dressings.** Your incisions will seep fluid and some blood for a short time after surgery. Keep dressings clean and dry. A cotton swab with peroxide is appropriate for cleaning incisions. Do not remove any steri-strips even if they are over stitches. Place a gauze square over your incisions and replace when saturated. If you have a drain placed in your incisions, carefully follow the instructions for drain care and record drained fluid on the **Drain Care Instructions and Log**.
- **Wear your compression garment around the clock.** Follow the instructions specifically removing any compression wraps only to cleanse your incision or to empty any drains.
- **Do not smoke.** Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery. You must not smoke.
- **Relax.** Do not engage in stressful activities. Do not lift, push or pull anything. Take care of no one, let others tend to you.

AFTER THE FIRST WEEK

During this time you will progress with each day that passes. Ease into your daily activities. You will receive clearance to begin driving or return to work at your post-operative visit.

- **Continue to cleanse wounds as directed. You may shower.** Take a warm, not hot shower. Do not remove any steri-strips. Do not rub your incisions. Apply a fragrance-free moisturizer to the surrounding skin. Wash with mild soap.
- **Take medications and supplements as directed.** Take pain medication and muscle relaxants only as needed. You may wish to switch from prescriptive pain medication to acetaminophen or ibuprofen.
- **Refrain from any strenuous exercise and from bending or lifting** until 2 weeks after surgery. Afterward, advance as tolerated. You may use a treadmill, cycle, or elliptical without arms. No weight lifting or upper body exercises. No high impact exercises such as running. Wear compression garment while you exercise.
- **Maintain a healthy diet. Do not smoke. Do not consume alcohol.**
- **Continue to wear your elastic wrap or compression garment as directed.** This is essential for your skin to conform to new contours. If your skin does not conform, revision procedures to reduce excess skin may be recommended.
- **Practice good sun protection.** Do not expose incisions to direct sunlight. If you are outdoors, apply at least SPF 30 no less than 30 minutes prior to sun exposure and wear protective clothing. The skin in treated areas is highly susceptible to sunburn or the formation of irregular, darkened pigmentation.
- **After incisions are healed without any scabbing or crusting,** you can start using silicone based scar cream such as Silagon or ScarAway.

ONE MONTH FOLLOWING SURGERY

Healing will progress and your chest will settle into shape and position.

- **You may ease into your regular fitness routine.** However, realize that your body may require some time to return to previous strength. Upper body exercises are OK, but advance as tolerated.
- **Discomfort or tightness and tingling the skin will start to resolve.** Sensation will return to normal at 3 to 4 months.
- **No need to resume smoking.** You have now gone 10 weeks (4 weeks prior to surgery and 6 weeks following) without a cigarette. For your long-term health, there is no need to resume smoking.

YOUR FIRST YEAR

- **Continue healthy nutrition, fitness and sun protection.**
- **Your scars will continue to refine.** If they become raised, red, thickened or appear to widen, contact our office. Early intervention is important to achieving well-healed scars. Scars are generally refined to fine incision lines one year after surgery.
- **A one-year post surgery follow-up is recommended.** However, you may call our office at any time with your concerns or for needed follow-up.
- **Your body will change with age.** The appearance of your chest will change too. Although surgical correction of gynecomastia is generally permanent. Any significant weight gain or loss, use of steroids, hormones or marijuana, as well as the normal influences of aging can cause changes to your appearance. You may wish to undergo revision surgery at a later date to help maintain your appearance throughout life. Contact our office with any of your questions or concerns, at any time.

POST-SURGERY INSTRUCTIONS: BREAST AUGMENTATION

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have good outcomes. **Final results take 3-6 months.**

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms and signs to watch out for of breast augmentation with silicone implants include:

Tightness in the chest region and stiffness. Tingling, burning or intermittent shooting pain. These are normal experiences as the skin, muscles and tissue stretch to accommodate your implants, and as sensory nerves heal. Pain medication and muscle relaxants will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort. **Consistent sharp pain should be reported to our office immediately.**

Hypersensitivity of nipples or lack of sensitivity. This is normal and will gradually resolve over time. You may also experience a small amount of fluid or milk seeping through the nipples. **If this becomes painful or excessive notify our office immediately.**

A feeling of heaviness. It is normal for your chest to feel heavy as you adjust to your implants. This will subside within 2-4 weeks following surgery.

Shiny skin or any itchy feeling. Swelling can cause the breast's skin to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling of the breasts. An antihistamine like Benadryl can help to alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**

Asymmetry, the breasts look different, or heal differently. Breasts may look or feel quite different from one another in the days following surgery. This is normal. Although no two breasts in nature or following surgery are perfectly symmetrical, breast massage and time will produce breasts that are similar in shape, position, and size.

A sloshing sound or sensation. This is not the result of your implant filler, but rather of air that is trapped in the implant pocket and fluid that may naturally accumulate. This is perfectly normal and will resolve within 2-4 weeks.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen breast or bruising that is localized to one breast or region of the chest.**

To alleviate any discomfort, and to reduce swelling, you may apply cool (not cold) compresses to the treated region. Crushed ice or ice packs must be wrapped in a towel before being applied to the skin. **Do not apply ice or anything frozen directly to the skin.** Apply cool compresses, for no longer than 20 minute intervals every hour.

FOR THE FIRST WEEK

You will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you.

- **Rest, but not bed rest.** While rest is important in the early stages of healing, equally important is that you are ambulatory: meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover.
- **Recline with your head and chest slightly elevated above your lower body.**
- **Good nutrition.** Fluids are critical following surgery. Stick to non-carbonated, non-alcoholic, and green tea-free beverages including fruit juices and water, milk and yogurt drinks. You must consume at least 8 ounces of fluid every 2 hours. Stick with soft, bland, nutritious food for the first 24 hours.
- **Take all medication, exactly as prescribed.** Take pain medication only as needed.
- **Change your incision dressings.** Your incisions will seep fluid and some blood for a short time after surgery. Keep dressings clean and dry and apply gauze dressing as needed. Do not remove and sterile-strips over your stitches. If you have a drain placed in your incisions, carefully follow the instructions for drain care and record drained fluid on the **Drain Care Instructions and Log**.
- **Wear a support bra or your surgical garment around the clock.** Follow the instructions specifically and wear this garment at all times.
- **Do not massage breasts at all for the first week.**
- **Do not smoke.** Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery. You must not smoke.
- **Relax.** Do not engage in stressful activities. Do not lift your hands over your head. Do not lift anything heavier than a paperback book. Take care of no one, let others tend to you.
- **You may shower.** Take a warm, not hot shower. Do not take a bath. Limit your showers to 10 minutes. Do not remove any steri-strips. Do not rub or pull your incisions. Apply a fragrance free moisturizer to breast and surrounding skin, however not on your incisions.
- **Start your breast massage exactly as defined in one-week post-operation visit.**

ONE TO FOUR WEEKS FOLLOWING SURGERY

As you resume your normal daily activities, you must continue proper care and healing. You may resume aspirin products, tea, and supplements.

- **Continue your breast massage and wound care as directed.**
- **Refrain from weight-bearing exercise, twisting or lifting anything over your head.** No tennis, golf, softball or other sports with similar swinging motions. Avoid aerobic exercise that may cause a lot of bouncing. You may begin range of motion exercises but not with any weight, pressure or resistance of any kind.
- **Do not smoke.** While incisions may have healed, smoking deprives your body of necessary oxygen that can result in poorly healed, wide, raised scars.
- **Continue to wear a proper support bra.** The bra you first wore following surgery may feel somewhat loose. You may replace it, however **no under wires for 6 weeks.** You may sleep without a bra, however a camisole with built-in shelf support can be comfortable and provides added support as you continue to heal.
- **You may sleep flat.** However do not sleep on your stomach. If you are a side sleeper, a soft pillow under your mid-back and shoulders may offer more comfort and support than a single pillow under your head.
- **Practice good sun protection.** Do not expose your breasts to direct sunlight. If you are outdoors, apply at least SPF 30 to the chest no less than 30 minutes prior to sun exposure. Your chest region and breast skin are highly susceptible to sunburn or the formation of irregular, darkened pigmentation.
- **Follow-up with any breast implant manufacturer paperwork and warrantee as necessary.**
- **Once steri-strips come off and scars are healed over without any crusting or scabbing,** you can start to use a silicone based scar cream twice a day.

FOUR TO SIX WEEKS FOLLOWING SURGERY

Healing will progress and your breasts will settle into a more final shape and position.

- **You may ease into your regular fitness routine.** However realize that your upper body may require some time to return to previous strength. Slowly advance as tolerated.
- **Continue your breast massages.**
- **Discomfort or tightness and tingling will resolve.** Any lingering nipple sensitivity or lack of sensation should begin to greatly improve.
- **No need to resume smoking.** You have now gone 10 weeks (4 weeks prior to surgery and 6 weeks following) without a cigarette. For your long-term health, there is no need to resume smoking.

YOUR FIRST YEAR

- **Continue your breast massages, and practice monthly breast self exam.**
- **Continue healthy nutrition, fitness and sun protection.**
- **Your scars will continue to refine.** If they become raised, red, thickened, or appear to widen, contact our office. Early intervention is important to achieving well-healed scars. Scars are generally refined to fine incision lines on year after surgery.
- **A one-year post surgery follow-up is required.** However you may call our office at any time with your concerns or for needed follow-up.
- **If your breasts develop an unusually hard feeling, or a highly rounded “squeezed” appearance, call us as soon as possible.** You may be developing capsular contracture. Early treatment is the best solution.
- **Remember, breast implants are not lifetime devices.** If your implants should rupture, or you suspect an implant is leaking, call our office as soon as possible.
- **Your body will change with age.** The appearance of your breasts will change too. You may wish to have your implants replaced or to undergo revision surgery to help maintain your appearance throughout life. Contact our office with any questions or concerns, at any time.

POST-SURGERY INSTRUCTIONS: BREAST LIFT

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have good outcomes. **Final results take 3-6 months.**

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms and signs to watch out for of breast surgery include the following:

Tightness in the chest region and stiffness. Tingling, burning or intermittent shooting pain. These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication and muscle relaxants will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort. **Consistent sharp pain should be reported to our office immediately.**

Hypersensitivity of nipples or lack of sensitivity. This is normal and will gradually resolve over time. You may also experience a small amount of fluid or milk seeping through the nipples. **If this becomes painful or excessive notify our office immediately.**

Shiny skin or any itchy feeling. Swelling can cause the breast's skin to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling of the breasts. An antihistamine like Benadryl can help to alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**

Asymmetry, the breasts look different, or heal differently. Breasts may look or feel quite different from one another in the days following surgery. This is normal. Although no two breasts in nature or following surgery are perfectly symmetrical, breast massage and time will produce breasts that are similar in shape, position, and size.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen breast or bruising that is localized to one breast or region of the chest.**

To alleviate any discomfort, and to reduce swelling, you may apply cool (not cold) compresses to the treated region. Crushed ice or ice packs must be wrapped in a towel before being applied to the skin. **Do not apply ice or anything frozen directly to the skin.** Apply cool compresses, for no longer than 20 minute intervals every hour.

FOR THE FIRST WEEK

You will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you.

- **Rest, but not bed rest.** While rest is important in the early stages of healing, equally important is that you are ambulatory: meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover.
- **Recline with your head and chest slightly elevated above your lower body.**
- **Good nutrition.** Fluids are critical following surgery. Stick to non-carbonated, non-alcoholic, and green tea-free beverages including fruit juices and water, milk and yogurt drinks. You must consume at least 8 ounces of fluid every 2 hours. Stick with soft, bland, nutritious food for the first 24 hours.
- **Take all medication, exactly as prescribed.** Take pain medication only as needed.
- **Change your incision dressings.** Your incisions will seep fluid and some blood for a short time after surgery. Do not remove and steri-strips over your stitches. Apply a gauze pad and keep dressing clean and dry. If you have a drain placed in your incisions, carefully follow the instructions for drain care and record drained fluid on the **Drain Care Instructions and Log**.
- **Wear a support bra or your surgical garment around the clock.** Follow the instructions specifically and wear this garment at all times.
- **Do not smoke.** Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery. You must not smoke.
- **Relax.** Do not engage in stressful activities. Do not lift your hands over your head. Do not lift anything heavier than a paperback book. Take care of no one, let others tend to you.
- **You may shower.** Take a warm, not hot shower. Do not take a bath. Limit your showers to 10 minutes. Do not remove any steri-strips. Do not rub or pull your incisions. Apply a fragrance free moisturizer to breast and surrounding skin, however not on your incisions.

ONE TO FOUR WEEKS FOLLOWING SURGERY

As you resume your normal daily activities, you must continue proper care and healing. You may resume aspirin products, tea, and supplements.

- **Continue your breast massage and wound care as directed.**
- **Refrain from weight-bearing exercise, twisting or lifting anything over your head.** No tennis, golf, softball or other sports with similar swinging motions. Avoid aerobic exercise that may cause a lot of bouncing. You may begin range of motion exercises but not with any weight, pressure or resistance of any kind.
- **Do not smoke.** While incisions may have healed, smoking deprives your body of necessary oxygen that can result in poorly healed, wide, raised scars.
- **Continue to wear a proper support bra.** The bra you first wore following surgery may feel somewhat loose. You may replace it, however **no under wires for 6 weeks.** You may sleep without a bra, however a camisole with built-in shelf support can be comfortable and provides added support as you continue to heal.
- **You may sleep flat.** However do not sleep on your stomach. If you are a side sleeper, a soft pillow under your mid-back and shoulders may offer more comfort and support than a single pillow under your head.
- **Practice good sun protection.** Do not expose your breasts to direct sunlight. If you are outdoors, apply at least SPF 30 to the chest no less than 30 minutes prior to sun exposure. Your chest region and breast skin are highly susceptible to sunburn or the formation of irregular, darkened pigmentation.
- **Once steri-strips come off and scars are healed over without any crusting or scabbing,** you can start to use a silicone based scar cream or silicone strips as directed.

FOUR TO SIX WEEKS FOLLOWING SURGERY

Healing will progress and your breasts will settle into a more final shape and position.

- **You may ease into your regular fitness routine.** However realize that your upper body may require some time to return to previous strength. Slowly advance as tolerated.
- **You may resume wearing under wires.** Although these are not necessary.
- **Discomfort or tightness and tingling will start to resolve.** Any lingering nipple sensitivity or lack of sensation should greatly improve over time.
- **No need to resume smoking.** You have now gone 10 weeks (4 weeks prior to surgery and 6 weeks following) without a cigarette. For your long-term health, there is no need to resume smoking.

YOUR FIRST YEAR

- **Practice monthly breast self exam.**
- **Continue healthy nutrition, fitness and sun protection.**
- **Your scars will continue to refine.** If they become raised, red, thickened, or appear to widen, contact our office. Early intervention is important to achieving well-healed scars. Scars are generally refined to fine incision lines on year after surgery.
- **A one-year post surgery follow-up is recommended.** However you may call our office at any time with your concerns or for needed follow-up.
- **Your body will change with age.** The appearance of your breasts will change too. You may wish to undergo revision surgery to help maintain your appearance throughout life. Contact our office with any questions or concerns, at any time.

POST-SURGERY INSTRUCTIONS: BREAST REDUCTION

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have good outcomes. **Final results take 3-6 months.**

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms and signs to watch out for of breast surgery include the following:

Tightness in the chest region and stiffness. Tingling, burning or intermittent shooting pain. These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication and muscle relaxants will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort. **Consistent sharp pain should be reported to our office immediately.**

Hypersensitivity of incision or lack of sensitivity. This is normal and will gradually resolve over time. **If this becomes painful or excessive notify our office immediately.**

Shiny skin or any itchy feeling. Swelling can cause the breast's skin to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling of the breasts. An antihistamine like Benadryl can help to alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**

Asymmetry, the breasts look different, or heal differently. Breasts may look or feel quite different from one another in the days following surgery. This is normal. Although no two breasts in nature or following surgery are perfectly symmetrical, breast massage and time will produce breasts that are similar in shape, position, and size.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen breast or bruising that is localized to one breast or region of the chest.**

To alleviate any discomfort, and to reduce swelling, you may apply cool (not cold) compresses to the treated region. Crushed ice or ice packs must be wrapped in a towel before being applied to the skin. **Do not apply ice or anything frozen directly to the skin.** Apply cool compresses, for no longer than 20 minute intervals every hour.

FOR THE FIRST WEEK

You will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you.

- **Rest, but not bed rest.** While rest is important in the early stages of healing, equally important is that you are ambulatory: meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover.
- **Recline with your head and chest slightly elevated above your lower body.**
- **Good nutrition.** Fluids are critical following surgery. Stick to non-carbonated, non-alcoholic, and green tea-free beverages including fruit juices and water, milk and yogurt drinks. You must consume at least 8 ounces of fluid every 2 hours. Stick with soft, bland, nutritious food for the first 24 hours.
- **Take all medication, exactly as prescribed.** Take pain medication only as needed.
- **Change your incision dressings.** Your incisions will seep fluid and some blood for a short time after surgery. Do not remove and steri-strips over your stitches. Apply a gauze pad and keep dressing clean and dry. If you have a drain placed in your incisions, carefully follow the instructions for drain care and record drained fluid on the **Drain Care Instructions and Log**.
- **Wear a support bra or your surgical garment around the clock.** Follow the instructions specifically and wear this garment at all times.
- **Do not smoke.** Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery. You must not smoke.
- **Relax.** Do not engage in stressful activities. Do not lift your hands over your head. Do not lift anything heavier than a paperback book. Take care of no one, let others tend to you.
- **You may shower.** Take a warm, not hot shower. Do not take a bath. Limit your showers to 10 minutes. Do not remove any steri-strips. Do not rub or pull your incisions. Apply a fragrance free moisturizer to breast and surrounding skin, however not on your incisions.

ONE TO FOUR WEEKS FOLLOWING SURGERY

As you resume your normal daily activities, you must continue proper care and healing. You may resume aspirin products, tea, and supplements.

- **Continue your breast massage and wound care as directed.**
- **Refrain from weight-bearing exercise, twisting or lifting anything over your head.** No tennis, golf, softball or other sports with similar swinging motions. Avoid aerobic exercise that may cause a lot of bouncing. You may begin range of motion exercises but not with any weight, pressure or resistance of any kind.
- **Do not smoke.** While incisions may have healed, smoking deprives your body of necessary oxygen that can result in poorly healed, wide, raised scars.
- **Continue to wear a proper support bra.** The bra you first wore following surgery may feel somewhat loose. You may replace it, however **no under wires for 6 weeks.** You may sleep without a bra, however a camisole with built-in shelf support can be comfortable and provides added support as you continue to heal.
- **You may sleep flat.** However do not sleep on your stomach. If you are a side sleeper, a soft pillow under your mid-back and shoulders may offer more comfort and support than a single pillow under your head.
- **Practice good sun protection.** Do not expose your breasts to direct sunlight. If you are outdoors, apply at least SPF 30 to the chest no less than 30 minutes prior to sun exposure. Your chest region and breast skin are highly susceptible to sunburn or the formation of irregular, darkened pigmentation.
- **Once steri-strips come off and scars are healed over without any crusting or scabbing,** you can start to use a silicone based scar cream or silicone strips as directed.

FOUR TO SIX WEEKS FOLLOWING SURGERY

Healing will progress and your breasts will settle into a more final shape and position.

- **You may ease into your regular fitness routine.** However realize that your upper body may require some time to return to previous strength. Slowly advance as tolerated.
- **You may resume wearing under wires.** Although these are not necessary.
- **Discomfort or tightness and tingling will start to resolve.** Any lingering nipple sensitivity or lack of sensation should greatly improve over time.
- **No need to resume smoking.** You have now gone 10 weeks (4 weeks prior to surgery and 6 weeks following) without a cigarette. For your long-term health, there is no need to resume smoking.

YOUR FIRST YEAR

- **Practice monthly breast self exam.**
- **Continue healthy nutrition, fitness and sun protection.**
- **Your scars will continue to refine.** If they become raised, red, thickened, or appear to widen, contact our office. Early intervention is important to achieving well-healed scars. Scars are generally refined to fine incision lines on year after surgery.
- **A one-year post surgery follow-up is recommended.** However you may call our office at any time with your concerns or for needed follow-up.
- **Your body will change with age.** The appearance of your breasts will change too. You may wish to undergo revision surgery to help maintain your appearance throughout life. Contact our office with any questions or concerns, at any time.