

**Post Operative Instructions Following Breast Augmentation,  
Mastopexy (Breast Lift), and Breast Reduction**

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Call the office at 793-0475, the day after surgery to schedule your follow up appointment. Normally we like to see you 1-2 weeks post operatively, unless otherwise instructed by Dr. Garcia the day of surgery.

It is normal to experience some drainage from incisions after surgery.

If you were fitted with a surgical bra, this needs to be worn consistently for six weeks. You may place a tee-shirt or camisole underneath the surgical bra for comfort. If you were not fitted with a surgical bra, then please wear a supportive sports bra, without any underwire. The bra helps reduce swelling. Protect nipples with gauze pads for a couple of weeks.

If you have drains in place, you will need to be seen the day after surgery for removal.

Showering and washing your breasts with soap and water can resume 48 hours after surgery. If drains were in place, resume showering 48 hours after drain removal.

Take any prescribed antibiotics completely. Narcotic pain medication may have been prescribed for you and may be taken as needed the first couple days then switch to Aleve or Advil to help with pain control. Avoid alcohol use when taking narcotic pain medication.

Walking the day after surgery helps to reduce any chances of blood clots. Deep breathing several times a day and coughing using a pillow against your chest for splinting, will help to expand your lungs after anesthesia. Refrain from any strenuous activities and physical contact with the breasts for six weeks. Avoid running, jumping and heavy lifting for six weeks. Avoid swimming or hot tubs for six weeks. Normally, you may return to work in 2-3 days.

Avoid sleeping on your stomach for a couple weeks. Ideally, sleeping slightly upright and on your back is preferred.

Do not smoke and avoid second hand smoke, as smoking delays wound healing and increases complications.

You may drive 36 hours after surgery as long as you are off narcotic pain medication and you have full range of motion with your arms.

Flesh colored steri strips are covering your incisions and will fall off naturally over the next few weeks.

Call the office if you have fever over 100.4 degrees, increased drainage, redness, severe pain unrelieved by medication, rashes, or odor from incisions.