

# POSTOPERATIVE GUIDELINES

## **BREAST LIFT/BREAST REDUCTION**

- ✓ Check up with the surgeon on DAY 1 after the surgery
- ✓ Check up with the surgeon on DAY 7 after the surgery
- ✓ Wearing the postoperative bra day and night for 3 months after the surgery
- ✓ It is forbidden to sleep on your chest, move arms widely for 6 weeks after the surgery
- ✓ Avoiding breast injuries for 6 weeks after the surgery
- ✓ Check up with the surgeon 3 months after the surgery
- ✓ Recommended to wear a bra during the day
- ✓ Applying postoperative anti-scar treatment or silicone gel scar sheetings possible 3 weeks after the surgery
- ✓ Possibility of applying balms boosting recovery and reducing swelling from DAY 6 after the surgery
- ✓ Possibility of starting anti-scar laser treatment when the wound is healed and scabs cast off