

# POSTOPERATIVE GUIDELINES

## **BREAST AUGMENTATION**

- ✓ First shower not before 5 days after the surgery
- ✓ Check up with the surgeon on DAY 5 or DAY 6 after the surgery
- ✓ Wearing the postoperative bra day and night for 4 weeks
- ✓ It is forbidden to sleep on your chest, move arms widely for 4 weeks after the surgery (it includes cleaning, sport, sex, driving)
- ✓ It is forbidden to heat the operated area (sauna, solarium, sunbathing, hot bath)
- ✓ Possibility of applying balms boosting recovery and reducing swelling from DAY 5 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