



Recovery after Breast Lift Surgery

During the procedure:

Comfortably Awake Breast Lift Surgery has an **unprecedented safety record** and allows the surgeon to perform breast lift surgery gently and carefully with little discomfort. When compared to general anesthesia, patients see faster recovery, less hangover, and improved cosmetic results.

A. First evening and the next day:

1. You must have a **responsible adult** drive you home and stay with you the first 24 hours.
2. It is very important to **keep your feet up the first 24 hours** after the procedure. Likewise, **rise gradually** - from reclining to standing position - first sit at the edge of the bed for 30 seconds, then stand by the edge of the bed for 30 seconds, then, if not lightheaded, you may proceed to walking.
3. It is also very important that you **drink (healthy) fluids every 15 minutes the first days** following the procedure to help restore balance, prevent lightheadedness, and reduce risk of fainting.
4. **Text back our surgical team** on the text thread (provided) that first evening (and every day subsequently for several days) to give us an update and have answered any concerns/questions.

B. First week:

1. **Continue to wear your post-surgical breast support garment (for 3-4 weeks).**
2. **Very lightly apply Carmex** (medicated lip balm) to incision lines daily until healed.
3. You can start **easing back into your routines** after 24 hours (nothing strenuous for 3-4 weeks).
4. Continue consuming **daily probiotics** (yogurt, kefir, kombucha, etc.) for 5 more weeks. Probiotics help preserve/restore gut health that may be compromised by antibiotics.
5. Continue to take all prescriptions as directed. **Tylenol and/or Motrin** as per packaging guidelines.
6. Follow the guidelines of the **Exparel (long-acting numbing agent)** recommendations for 96 hours.

C. Second week:

1. Breast lift **sutures are removed** by the second week.
2. All incisions are treated on multiple occasions with **fractional lasers to reduce incision-line scars.**
3. You may still **feel weak and sore for 1-2 weeks. Please keep us updated.**

D. 3-4 weeks:

1. Expect there will be some **swelling** and contour irregularities/asymmetries for several weeks.
2. Continue to **avoid/restrict strenuous use of your chest and shoulder musculature.**
3. The small, discretely placed **scars continue to "remodel"**: lighten and flatten for weeks/months.

E. 4-6 weeks:

On average, most clients are fully recovering and can resume regular activities. We all recover differently; **if you find you're experiencing worrisome discomfort, let us know of your concerns.**

Please keep us updated regarding your progress/concerns/questions.