



MIAMI CENTER FOR
PLASTIC SURGERY
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POST-OPERATIVE INSTRUCTIONS

Breast Augmentation | Mastopexy | Breast Reduction

1. You may clean your breast 24 hrs. after surgery. Do not let shower water directly engage your incisions. Let it drip from above. Dove soap is preferred as it is mild and rarely causes reaction.
2. A sports type bra should be worn for the first two to three weeks to provide support to your breasts. Make sure no underwire bra is used at this time. (We strongly suggest that you purchase your sports bra post-operatively.)
3. Change your bra daily even on the first post-operative day.
4. Keep your incisions moist at all times with Vaseline petroleum jelly. There is less reaction to this product than triple antibiotic ointments (e.g. Neosporin, Bacitracin, etc.)
5. When your swelling has decreased an underwire bra may be used.
6. Please use good common sense post-operatively – do not perform any activities which may cause undo stress on your chest or pectoralis muscle for the first two weeks after surgery.
7. Jogging is prohibited for 5-6 weeks.
8. Other exercises may be resumed at approximately 2 weeks. All exercises which do not place undo stress on the chest is permissible (e.g. arm, leg exercises, squats with back straight). Be careful to prevent excessive sweating to the incision sites.

Signs to look for:

1. Excessive swelling, redness
2. Temperature above 101.0
3. Excessive pain
4. Thick drainage from incision sites