



James A. Rieger, MD
316-652-9333

Post Operative Information for Breast Lift

The following information is intended for your well-being and will assist you during your recovery period after a breast lift, crescent lift procedure. If you have any questions, please do not hesitate to call us at 316-652-9333 (there is an answering service 24 hours/day). For after-hours, post-surgical concerns, if you have left a message and have not received a call back within 30 minutes, you may call Kansas Medical Center at 316-300-4000 and have them contact me. If you are experiencing a medical emergency and need immediate medical attention, please go to the nearest emergency room or, if necessary, dial 911.

Some reasons to call:

- Fever
- Pain not relieved by medication
- Severe pain
- Severe or asymmetric swelling
- Redness, warmth, drainage or odor from the operative site
- Bleeding (small amounts of oozing may be expected)
- Persistent nausea, vomiting, inability to urinate or constipation
- If you have ANY questions or concerns regarding your condition or surgery
- The nipple and areola should remain your normal skin color. If they appear blue, black, or very dark, call Dr. Rieger right away. The person staying with you should check this area after surgery and contact us with any concerns.

A Note About Questions

Your healing journey is unique, and no two recoveries are exactly alike. If something worries you, please reach out to our office directly. We know your medical history and surgery details, and can give you advice that's safe and specific to you. Online forums and social media may offer general information, but they can also be confusing or misleading. We're here for you—day or night—so please call us anytime you have questions or concerns. **316-652-9333**

Following surgery you will go to the post-anesthesia care unit to recover prior to leaving the facility. A steristrip (paper tape) dressing and bra will be in place. Your tissues will react with swelling and a feeling of tightness which causes discomfort. This gradually resolves over the next few days to weeks. In addition, there may be some numbness of the skin over the breasts. Normally, these areas regain their sensation but it does require time (approximately six months). You may feel sleepy for a day or two after surgery.

Being lightheaded or having weakness after surgery is possible. It is recommended to have someone assist you to and from your car, with your seat belt, dressing/undressing, in the bathroom and getting in and out of bed. **It is advisable that you have a responsible person stay with you for the first 24 hours following surgery.**



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Avoid the risk of extreme swelling & post operative problems by avoiding the six "S's"

- | | |
|--------------------|-------------------------|
| 1) Straining | 4) Sunshine |
| 2) Stooping | 5) Smoking |
| 3) Sexual activity | 6) Strenuous activities |

We will see you for a follow-up appointment 2 weeks after your surgery. This is usually scheduled at your pre-op visit. If it wasn't, please call our office at 316-652-9333 to make the appointment.

"DO"

- Have your prescriptions filled right away.
- Completely finish your antibiotics and use pain medication as needed, following directions.
- Gradually progress to a normal diet beginning with liquids and light foods (i.e. jello, crackers, soups).
- Resume taking any prior daily prescriptions, UNLESS they are on the list of medications to avoid.
- You may shower one day after surgery. Do not wash the incision sites or press on the breasts.
- Start walking slowly around your home as soon as you feel able. Moving around helps lower your risk of blood clots in your legs. Take it easy—don't push yourself too hard. Most patients are back to their normal activity level in about 6 weeks.
- Most patients can return to work in about a week, depending on their job. Be sure to talk with Dr. Rieger about what's right for you.
- Start your antibiotics the afternoon you get home from surgery—take one dose in the afternoon and one before bed. Beginning the next day, take them four times a day: at breakfast, lunch, dinner, and before bed.

"DO NOT"

- Do not take responsibility for children or needy adults.
- Do not make any important decisions or sign important papers in the 24 hours following surgery or while taking pain medication.
- Do not take tub baths or swim for 4–5 weeks, or until your incisions are fully closed.
- Do not use hot tubs or swim in lakes or oceans for eight weeks.
- Leave the steri-strips on for about 12–14 days. After that, you can gently peel them off if they haven't come off on their own.
- Avoid using your arms if it causes pain. For the first week, do not lift more than 5 pounds. For the next 3–5 weeks, limit lifting to no more than 10 pounds. Avoid reaching, bending, or straining for a total of 4–6 weeks.



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- Do not drive, operate machinery or tools until it is specifically allowed (usually three days) OR if you are taking narcotics.
- Do not use ice or hot packs.
- Do not participate in sports or workouts for six weeks.
- Do not scratch or touch the incision sites. You may use Benadryl by mouth for itching.
- Do not drink alcohol after surgery for one week. Never mix narcotics with alcohol.
- Do not wear underwire or pushup bras for eight weeks.

Remember

Swelling & Bruising:

- Swelling and bruising are normal and usually improve within a few weeks. Swelling may shift toward your feet due to gravity. Full healing takes time—often 6 months to a year.

Pain Relief & Medications:

- You may take Tylenol if needed, but don't take it along with your prescribed pain medication if it already contains Tylenol. Avoid aspirin, ibuprofen (Motrin, Advil), and similar meds for 2 weeks before and after surgery—they can increase bleeding. If you're unsure about a medication, ask your pharmacist.
- If you notice itching, rash, wheezing, or throat tightness, stop all medications and call our office—it may be an allergic reaction.

Sun Exposure & Skin Care:

- Avoid direct sun on your breasts for at least one month. Use sunscreen regularly for one year after surgery. You may apply moisturizers or creams after 3 weeks, but avoid the incision sites until they are fully closed.