

Westlake Plastic Surgery™

D R . R O B E R T C A R I D I

Breast Enhancement

Pre-Operative Instructions

- ❖ You will need to purchase a support bra prior to surgery, and bring it with you on the day of surgery. Information on purchasing this bra will be given to you at your pre-operative appointment.
- ❖ Breast enhancement procedures will restrict your normal upper body use and you will need to make appropriate accommodations for childcare and work.

Post-Operative Instructions

- ❖ After surgery, you will be wearing a support bra. This should be worn at all times (except when showering), for about 3 weeks. For all breast reduction, breast lifts and BARs, you will receive additional instructions on a non-underwire bra to wear for the first 2 weeks.
- ❖ Sleep with your back slightly elevated for the first week after surgery.
- ❖ Your sutures will be removed 1 week after surgery.
- ❖ No heavy lifting or upper body exercises for 4 weeks after surgery.
- ❖ If needed, you will be instructed to start massage of your breasts.
- ❖ Dr. Caridi or a nurse will instruct you when to use silicone scar gel, usually 3 – 4 weeks after your procedure.
- ❖ You will be seen 5 – 7 days after surgery and then several times within the first 6 weeks after your procedure.