

Michele C. DeVito, MD, FACS

BOARD CERTIFIED PLASTIC SURGEON

BREAST SURGERY POST OPERATIVE INSTRUCTIONS

Please review and follow these additional post operative instructions related to your breast surgery.

- ❑ Bring a clean compression sports bra with you to your first post operative appointment. The bra must be tight and clasp or zip in the front. JC Penny's has one in their stores that is ideal. You may also find these at Kohl's.
- ❑ Your garment/sports bra must be worn 24/7 for the next 4-6 weeks. It is a good idea to purchase more than one bra in order to alternate for laundering. Following the 4-6 week period, a supportive bra, without under wire, must be worn, as to not disrupt the incision site.
- ❑ Keep your arms at your sides as much as possible. Do not lift your arms above your head for approximately 7-10 days post operatively.
- ❑ Once all dressings are removed by the doctor, apply antibiotic ointment to incision sites and cover with gauze to keep them moist.
- ❑ Dr. DeVito will advise you if Dermabond® was used on your incisions. You will be provided with a Dermabond® care sheet/instructions at your first post-operative appointment.
- ❑ Expect your implants to appear "high" and swollen for up to 3 months post op. You will be instructed on massage techniques at your one week post op appointment that will encourage the implants to "drop" in to a natural position.