



TAROLA PLASTIC SURGERY
NICHOLAS A. TAROLA, MD

Breast Lift

Remove Wrap the day after surgery.

You may shower after you remove the wrap. Begin peeling the glue off 1-2 weeks after surgery. You may apply scar gel 2 weeks after surgery.

Wear a soft cup for 4 weeks after your surgery. No underwire bra until cleared by Dr. Tarola or his staff.

No heavy lifting for 4 after surgery (no more than 10lbs.). You may resume light normal activities within a few days. Avoid vigorous activities for 4 weeks.

Do not place ice or heating pads on breasts.

Tightness in the chest region and stiffness: Tingling, burning or intermittent shooting pain are normal experiences as you heal. Pain medication and muscle relaxants will help you cope with any discomfort. **Consistent sharp pain should be reported to our office immediately.**

Shiny skin or any itchy feeling: Swelling can cause the breast's skin to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling of the breasts. An antihistamine like Benadryl can help to alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**

Do not smoke for at least 14 days following surgery. **Do not drink alcohol** while taking prescription medications.

Do not drive for at least 2 days following surgery or while taking prescription medications.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever (over 101°), severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations**
- **Any pain that cannot be controlled by your pain medication**
- **Bright red skin that is hot to the touch**
- **Excessive bleeding or fluid seeping through the incisions**
- **A severely misshapen breast or bruising that is localized to one breast or region of the chest**

Remember to use sunscreen under your swimsuit and when incisions are exposed to the sun for at least one year.

To alleviate any discomfort, and to reduce swelling, you may apply cool, not cold compresses to the treated region. Crushed ice or ice packs must be wrapped in a towel before being applied to the skin. Do not apply ice or anything frozen directly to the skin. Apply cool compresses, for no longer than 20-minute intervals.