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BRA BACK (BACK LIFT) AFTER-CARE INSTRUCTIONS

Regime and Rest:

- You should avoid lifting the arms, bending, stretching, or reaching out; avoid all sudden movements and physical strain for three weeks. Women should be careful when wearing a bra as the scar will be close to its edge and contact with it should be avoided.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your physician.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
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Activities:

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Social activities can be resumed 10-14 days after surgery.
- Avoid strenuous exercise and activities such as sports for 4 weeks.

Incision Care:

- If drainage tube(s) have been placed, you may shower 48 hours after removal.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on
- Keep incisions clean and inspect daily for signs of infection.
- It is possible to apply pressure massages one week after the stitches have been removed or absorbed, if recommended by the doctor.
- Special lotions or gels minimizing scars or hematomas can also be recommended by the physician.

Undesirable Habits:

- Smoking and addictive substances generally speed up ageing and slow down the healing process; they should be avoided (at least one to two months). Possible Reactions after the Operation:
- In some cases, your temperature may slightly rise for a period of two to three days. An analgesic can easily ease the discomfort connected to any possible pain in the area operated upon.

Possible Complications:

- Post-operative bleeding, or bleeding caused by insufficient post-operative care at home.
- Swelling, discoloration, and tightness of skin for 10-14 days.
- Prolonged healing
- Hematomas
- Infection of the wound
- Imperfect effect resulting from nonobservance of the post-operative instructions given by the doctor.

When to Call:

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications, such as, rash, nausea, headache, vomiting.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion. These instructions are based on a normal post-operative condition. Healing and recovering are highly individual processes and apart from the patients' capacity to heal these also depend on their conscientiousness and respecting the post-operative instructions. We would love to see how the healing process went and if you are satisfied with the results. Could you please send us some pictures after 2-3 months after the surgery so we can evaluate the results of the treatment.