



SCOTTSDALE CENTER FOR PLASTIC SURGERY

1 Week Post-Sub-Fascial Breast Augmentation Instructions

- 1) Your steri strips will be removed today. Begin using Aquaphor to keep incision moist and then **discontinue use** after 3-5 days.
- 2) Your first week after surgery, do not lift anything heavier than 5-10lbs. At around the 2–4-week mark, you can slowly increase activity to non-impact exercises (elliptical, walking on the treadmill ect.)
- 3) You can drive yourself at this point, as long as you have discontinued all pain medications.
- 4) Remember, no underwire bras for at least 3-4 months. We recommend you wear a soft, non-underwire bra until this time.
- 5) Swimming in a pool can resume after 6 weeks. Hot tubs, lakes and oceans can be resumed at approximately 8 weeks.
- 6) At 6–8-week mark, you can cautiously ease back into exercise; slowly and carefully. Please use your body as a guide and if something feels uncomfortable or painful, you may have to wait a little longer.
- 7) At this point, you are able to take off your mermaid strap.