
First Follow up Reminders Top Surgery, Double Incision and Key Hole

Hygiene:

- It is okay to shower. However, bathing in a tub or a hot-tub is not recommended for another 3 weeks.
- It is okay to use deodorant.

Healing:

- Swelling, pain, sensitivity, and bruising is normal. A bruise dissolves from black to purple to green and yellow, and then disappears. The healing process for a bruise is not the same for everyone.
- You may choose to use Arnica cream or gel to help the bruising resolve faster.
- Switch from ice to warm compresses for 10 minutes twice a day.
- **Do not use a heating pad.**
- Scar care – Once the steri strips peel off, you should massage the incisions twice a day with Mederma (available at your local drugstore) or Biocorneum which is a silicone based gel that bonds directly to the skin is available from our office.
- You may also consider laser treatments in the office starting at 4 weeks after surgery. Multiple treatments may be required for the best results.
- You can sleep on your side in one week.
- Your nipples may still be numb, this is normal.

Compression:

- Continue to wear the chest compression for another month to help decrease swelling and to prevent fluid buildup. Please maintain compression all day for another 2 weeks, then 8-12 hours a day for another 2 weeks to follow.

Exercise:

- 1 week → Brisk walking
- 3 weeks → Stationary bike (Minimal arm movements)
- 4 weeks → Elliptical, Pilates
- 5 weeks → Stair master, Yoga
- 6 weeks → Running, weight training and muscle toning
- No swimming for 4 weeks after your procedure.



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5454 Wisconsin Ave, Suite 1710, Chevy Chase, MD 20815 Tel: 301-244-0277
8200 Greensboro Drive, Suite 120, McLean, VA 22102 Tel: 703-345-4377

www.WashingtonianPlasticSurgery.com
Voice 888-903-2362 Fax 888-406-4432