



Dr. Avi Islur Surgery

Breast Lift Post Operative Care Instructions

Rest + Relaxation

- Preferably sleep on your back. It is okay to lie on your side. Do not lie on your chest.
- Wait 2 weeks before participating in physical activities that will increase your heart rate and blood pressure or cause your breasts to move significantly.

Washing

Remove larger dressings 24 hours after surgery.

Leave your steri-strips (white tape) in place for 5 to 7 days. If they come off sooner that is okay.

- You can shower 24 hours after surgery unless you have drains in place. If drains are in place do not get chest wet until drains removed.
- Do not soak your surgical sites - no pools, hot tubs, or lake water for 3-4 weeks.
- Dry surgical site by gently patting with a clean towel or allow to air dry.
- Bleeding (minimal) from your surgical site may occur following surgery. If it occurs hold constant firm pressure for 10 minutes with a clean towel. If bleeding persists or one side is becoming much larger than the other, see our emergency care instructions below.

Medication

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated.
- Take antibiotics as prescribed at the appropriate times until completed.
- Apply Polysporin (original ointment) to your incision lines 2 x a day once steri-strips are removed.

Bra Wear

- Wear a non underwired bra - unless otherwise directed for 4 -6 weeks.

Two Weeks After Surgery

- Begin to massage your incisions with body lotion, BioOil, or equivalent scar cream. Do not use 100% vitamin E (capsule or oil).
- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning.

Special Instructions

- Starting a few hours after surgery open bra and apply cold compresses to your breasts for 10 minutes 3-4 times a day for 2 weeks to decrease swelling (clean wet hand towel placed in freezer for 20-25 minutes. Not an ice pack) *Check the colour of your nipple/areola. If purple please call the clinic or see after hour care*

Drain Care

- If drains have been placed, please contact clinic at 204-885-1569 to have drains removed following surgery when output is less than 30 ml/24 hrs
- When drains are removed a small amount of yellow/pink/blood-tinged fluid may ooze out of drain site for up to 3 days.
- Place a small amount of Polysporin onto drain site daily and cover with gauze or a feminine hygiene pad.
- Drain site will close in 3 to 7 days
- Okay to shower chest 24 hours after drains removed

Follow Up Care

Dr. Islur will let you know which location to visit for your in-office follow up appointments.

The First Glance Aesthetic Clinic

1851 Grant Avenue, Winnipeg, MB, R3N 1Z2
tel: 204-885-1569

St. Boniface Hospital ACF Clinic

409 Tache Avenue
Winnipeg, MB R2H 2A6
tel: 204-237-2290

St. Boniface Clinic

343 Tache Avenue, Winnipeg, MB, R2H 2A5
tel: 204-925-9559

After Surgery Care

For general inquiries/questions email info@drislur.ca or speak to one of the clinic staff members.

Weekday Care (8 am to 5 pm)

If there is a concern about your surgery or your healing please call the clinic where you saw Dr. Islur and ask to speak to the nurse or leave a voice message: please state your name, the date of your operation, the procedure you had performed, your concern, and a return phone number.

Weekend and After Hour Care

If on weekends, after hours, or an emergency, please call 204-237-2053 and ask to speak with Dr. Islur or the plastic surgery resident on call.