

Guidelines for invasive procedure aftercare

Breast lift and Breast lift with increasing the breast size

Stay in the hospital	1 night, if necessary, more
Initial follow-up visit	On the 2nd-3rd week
Next mandatory visit	On the 3rd month
The bandages will be removed with drains	On the 2nd day
First shower	On the 5th day
Wear supportive underwear	3 months at night and up to 6 months during the day
Change wound dressing	For 3-4 week
May go to work	After 2-3 weeks
Swelling and bruising appear	For 3-5 week
Avoid physically hard work	1-2 months
Avoid sexual relations	1 month
Threads self-dissolve	After 4-6 weeks
The sutures will be removed	On the 2nd and 4th week
Forbidden to smoke	1 month
May go to sauna	After 1 month
Decrease of sensitivity in tissue may manifest	6-12 months
Outcome can be evaluated	After 12 months
Protect skin from UV radiation	For 1 year