Breast Lift *Prep Checklist*

Your at-home checklist, organized by timeline. ★ marks the things nearly every patient is grateful to have. "Ask surgeon" items depend on your surgeon's preferences, so check first.

Days 1–3
Sore and swollen, with dressings or surgical tape. Sleep propped up on your back.

Week 1
Gentle walking, button-front clothing and careful incision care as instructed.

Weeks 2–3
Many return to desk work. No lifting or strenuous activity yet.

Weeks 4–6
Gradual return to exercise when cleared. Swelling continues to settle.

Months 3–12
Scar care and sun protection while incisions mature.

Four weeks before

- [ ] Step counter
- [ ] Unflavored protein powder
- [ ] Freezer meal containers
- [ ] Arnica tablets ASK SURGEON

The week before: set up your home

- [ ] Bed wedge pillow ★
- [ ] Backrest reading pillow
- [ ] Overbed table
- [ ] Grabber tool ★
- [ ] Extra-long phone charging cable ★
- [ ] Weekly pill organizer ★
- [ ] Digital thermometer ★
- [ ] Handheld shower head ★

Your surgery bag

- [ ] Zip-front hoodie ★
- [ ] Button-front pajamas ★
- [ ] Slip-on slippers ★
- [ ] Rich lip balm ★
- [ ] Ginger chews

Week one at home

- [ ] Front-closure surgical bra ASK SURGEON
- [ ] Non-stick gauze pads ★
- [ ] Paper medical tape ★
- [ ] Disposable underpads
- [ ] Ready-to-drink protein shakes ★
- [ ] Insulated tumbler with straw ★
- [ ] Stool softener ASK SURGEON
- [ ] No-rinse bathing wipes ★
- [ ] Dry shampoo

Weeks two to six

- [ ] Soft recovery bra ASK SURGEON
- [ ] Silk pillowcase
- [ ] Adhesive remover wipes
- [ ] Soft robe
- [ ] Wide-leg lounge pants ★

Scar season

- [ ] Silicone scar sheets ASK SURGEON
- [ ] Silicone scar gel ASK SURGEON
- [ ] Mineral sunscreen SPF 30+ ★

Talking with *your surgeon*

Questions many breast lift patients ask, with room for the answers. Your surgeon's written instructions replace anything on this page.

What kind of bra do you want me in, and for how many weeks?

How should I care for my incisions and tape?

When can I start silicone scar care?

Which medications and supplements should I stop before surgery?

When can I return to work and exercise?

When to call your surgeon

- One breast that suddenly swells, hardens or becomes much more painful than the other
- Skin near an incision that turns dark, gray or black
- A fever of 101°F (38.3°C) or higher, or chills
- Redness, warmth or hardness that is spreading, or drainage that is cloudy or smells bad
- Pain that suddenly gets worse instead of slowly better, or is not controlled by your prescribed plan
- Bleeding that soaks through your dressing
- Calf pain, warmth or swelling in one leg
- Chest pain, shortness of breath, or coughing up blood: call 911 right away

Surgery date _____

Office phone _____

After-hours number _____

First follow-up _____

MY SURGEON'S INSTRUCTIONS