



PATIENT RECOVERY GUIDE

Breast Lift

Aftercare Instructions

Your personalised recovery guide following breast lift surgery with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Breast Lift		DD / MM / YYYY	DD / MM / YYYY

Your recovery after a breast lift is usually smooth and comfortable. Wear your support bra continuously, keep the incisions clean and protected, and avoid lifting and overhead reaching while the tissue settles into its new, higher position. The sutures are hidden and absorbable — nothing to remove — and your breasts settle into their final shape over about six months.

1 The First 48 Hours

- Support bra. Wear the surgical support bra continuously as fitted; it holds the lift and limits swelling.
- Medication. Take prescribed pain relief and any antibiotics exactly as directed.
- Rest upright. Rest and sleep on your back, slightly propped up; avoid sleeping on your side or front.
- Gentle movement. Walk gently from the first day; light activity supports circulation and recovery.
- Protect the incisions. Keep the incisions clean and dry; you may shower a couple of days after surgery.
- No overhead reaching. Avoid lifting, pushing, and reaching overhead in the first weeks.

2 Recovery Timeline

- DAYS 1 – 3
Early healing. No pain on day one from long-acting anaesthetic. Home next day. Shower at ~2 days. Mild ache eased by medication.
- DAYS 4 – 10
Back to routine. Most return to work and can fly within a few days. Swelling and bruising fade within about ten days.
- WEEK 2 +
Swimming & exercise. Swimming is fine after about two weeks once wounds have healed; resume exercise gradually as advised.
- MONTHS 1 – 6
Final shape. Swelling resolves and the breasts settle into their final, lifted shape; scars fade over 6–12 months.

“I lifted the breast with the least scar your case allowed — now let it settle. Wear your support bra, protect the incisions, and give it the months it needs; the shape and the scar both improve with time.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Wear your support bra continuously as directed.
- ◇ Rest on your back, slightly propped up.
- ◇ Walk gently from the first day.
- ◇ Attend every follow-up appointment.

PLEASE AVOID

- ◇ Lifting, pushing or reaching overhead early.
- ◇ Strenuous exercise or swimming before ~2 weeks.
- ◇ Smoking, which delays healing and worsens scars.
- ◇ Sun exposure on the healing scars.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Increasing redness, warmth or one-sided swelling.
- Bleeding, discharge, or opening of an incision.
- Severe or increasing pain not eased by medication.
- A firm, growing collection of blood or fluid (haematoma/seroma).
- Any change in colour of the nipple or areola.

5 Discharge Checklist

- ☐ Surgical support bra fitted and spare provided.
- ☐ Pain relief and any antibiotics collected.
- ☐ Wound-care and showering instructions understood.
- ☐ Follow-up appointment date confirmed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any urgent concern during your recovery, call this number at any time.

Website — www.nazmibaycin.com

Next appointment — DD / MM / YYYY · __ : __

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS