

## **Breast Surgery FAQ (mastopexy, reduction, reconstruction)**

**Q: How long will my stitches stay in?**

**A: Between 7-14 days the peri-areolar sutures are removed.  
The remaining incisions are usually closed with tissue glue.**

**Q: How long should I take off work?**

**A: 7-10 days depending on the line of work that you are in.**

**Q: How long should I wear my compression bra?**

**A: 3-4 weeks, after 2-3 weeks you can usually discontinue wearing your bra in the evening hours.**

**Q: How long should I sleep in an upright position?**

**A: For approximately 3-5 depending on the degree of swelling.**

**Q: How long should I go without exercise?**

**A: For approximately 4 weeks following surgery.**

**Q: When can I shower?**

**A: In 24-48 hours.**

**Q: How long before my implants will settle?**

**A: This varies for everyone, but usually within 2-3 month.**