

## Help Your Body Heal After Breast Surgery

Don't try to rush your body, it needs time to adjust after breast surgery. Don't get impatient and try to jump right back into a normal daily routine.

Ignoring healing times and medical instructions could cause injury, and results of the surgery may not be as hoped for or expected. Don't risk undoing what you set out to repair or enhance because some damage cannot be reversed. What happens after breast surgery?

Taking the necessary time to recuperate is important and helps the body adjust to changes made by surgery. Eating light nutritious foods, and allowing yourself to rest will help get maximum surgical results. Breast surgery is common, but, it is invasive, complicated, and a major surgical procedure. As with any surgery, it comes with risks and possible complications, such as infections. Whether you are having breast augmentation, reduction, reconstruction or mastectomy surgery, a compression bra or vest can be vital to your comfort and healing time. Is 'compression' synonymous with pain?

The word 'compression' may conjure up thoughts of painful pressure, and you might wonder why you would want to have something squeeze on your incisions and bruised body. A compression bra or vest does not apply painful pressure to your surgical area, but does provide support to reduce swelling and bruising. Instead, it gently supports the breasts and comforts the bruised area. Most likely, you will forget you have the bra on, and only notice the difference it makes when you take it off to bathe. Soreness and stiffness is to be expected after any surgery, but breast surgery affects the entire trunk of the body. Most likely, you will feel the wound with breathing, twisting, and turning movements. Oftentimes, women experience throbbing sensations in their breasts after surgery, and a compression garment can provide relief. Days or weeks after your breast surgery is not the time to begin to wear, or wish you had purchased a compression garment. Wearing a compression bra 24-hours a day, immediately after surgery, greatly improves healing time and personal comfort. Compression garments help to ease discomfort.

Post surgical garments are easy to put on because they are made in a vest-like configuration. They are available in a variety of styles, such as, full coverage, shoulder to mid-torso, and sports bra designs. Velcro or hook and eye closures allow painless and easy dressing. Check out styles that may be best suited to your specific needs. Before your breast surgery, take the time to research and learn about compression garments to increase surgical comfort and speed up healing time.

## About the Author

Don't just sit on the sidelines and envy others with six pack abs. Building your own six pack is not as unrealistic as you might think. Go to <http://sixpackstomach.walkinsarewelcome.com> and begin to create your own six-pack abs! Not only will you look better, but you will be stronger, more flexible, and have increased energy.

Source: <http://www.breast-implants-info.com>