

J. Jason Wendel, M.D.

Dr. J. J. Wendel Plastic Surgery
2103 Crestmoor Road
Nashville, TN 37215
www.drjjwendel.com

Recovery Instructions

Breast Surgery Postop Bra

Thank you for choosing Dr. J. J. Wendel Plastic Surgery and placing your trust in us. We are committed to helping you recover as smoothly as possible. What type of support to wear after breast surgery is an important question. We would like to help you make a good decision.

Two to three days following surgery you may change from the garment placed at the time of surgery to a more comfortable sports bra. We recommend bras with the following features:

- Soft, comfortable material
- Fasten or zip in front for ease-of-use
- Supportive cups
- No underwire, unless specifically instructed by Dr. Wendel
- No pushup, unless specifically instructed by Dr. Wendel

Note: For comfort and hygiene, you may continue to use medical gauze placed over the incision sites. Medical gauze can be purchased at any drug store or medical supply shop.

For your convenience, here is a list of bras that are compatible with the above recommendations. This list provides a range of choices. We encourage you to find others, if you wish. We welcome your feedback and are always looking for good choices to add to the list.

- **Bare Necessities** Leading Lady Front-Close Cotton Wire-Free Bra \$24.00
 - <http://bit.ly/BareBra110>
- **Jockey** Zip-Front High Impact Seamless Sports Bra \$34.00
 - <http://bit.ly/JockeyBra>
- **Under Armour** Women's Eclipse Zip Front High-Impact Sports Bra \$59.99
 - <http://bit.ly/UnderArmourBra>
- **Design Veronique** Front-Zippered Cotton Medical/Sports Bra \$67.15
 - <http://bit.ly/DVSportsBra>

For questions or concerns, please do not hesitate to call, (615) 921-2100.

We are open Monday-Thursday 9:00AM – 5:00PM & Friday 8:00AM – 1:00PM. For urgent medical questions after hours or on weekends, please call the same number. The digital answering service will page Dr. Wendel.