

The Best Bras to Wear After Your Breast Augmentation, According to RealSelf Members

When you wake up after getting a **breast augmentation** or **breast lift**, you're going to be wearing a snug surgical compression bra—and for at least six weeks, you'll take it off only to shower. This period is critical, says **Dr. Sophie Bartsich**, a board-certified plastic surgeon in New York City. “Breast implants need to form a capsule around themselves that will ultimately hold them in place, which takes anywhere from two to four weeks. If the implant is pushed up, it will not settle well. If it is pushed to the side, it will end up too far out.” For this reason, it's important to find a surgical bra that holds the implant properly—and to be aware of the position your breasts are in while sitting, sleeping, and standing.

“[After that,] your surgeon may recommend going directly from the surgical bra to your regular bras, but I prefer a more stepwise transition for my patients, with an in-between stage that both heals and supports,” says Dr. Bartsich. Try an unstructured sports bra, “something that conforms well and stretches easily while not rubbing on the incisions,” or a fitted tank top without a band (bands can irritate stitches and cause issues with implants placed below the muscle).

Dr. Melissa Doft, a board-certified plastic surgeon in New York City, asks her patients to avoid push-up bras, which can keep implants from settling into the correct position. She has found that most women prefer form contour bras to those with underwires, but one caveat, she notes, “is that some women will need their inframammary crease to be lowered, to accommodate the desired implant. In these patients, I actually do recommend using an underwire bra, because I think it helps the implant pocket heal correctly.”