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BODY

## Yes, There Is an Ideal Time to Schedule a Laser Treatment Around Breast Surgery

Here's why.

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By Tatiana Bido, Aesthetic Content Manager · Feb 10, 2023



In the world of aesthetic treatments and procedures, there are many “what comes first?” scenarios. When it comes to breast implants and laser treatments, we encounter that same conundrum. If planning a breast surgery and laser treatments, which one should come first? Our experts say there is no right answer, but rather ideal scenarios.

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### **If it’s a first-time breast augmentation...**

When having a first-time breast enhancement surgery, a laser treatment can prepare skin prior to surgery, says New York plastic surgeon **Elie Levine, MD**. “Whether the laser is done before or after generally doesn’t make a difference,” Dr. Levine says. “If you have significant sun damage, laser treatments will improve skin quality which is good preparation for the implants.” Dr. Levine notes that timing is a factor as laser treatments should be completed at least six weeks before surgery.

Campbell, CA, plastic surgeon Kamakshi Zeidler, MD says that after surgery you’ll want to ensure minimal risk of any type of bacterial or viral contamination and recommends undergoing resurfacing as part of the augmentation. “We ask our patients to avoid dental cleanings, invasive manicures, tattoos and nipple piercings and other medical procedures immediately after surgery,” she says. “A laser treatment can be done at any time, but the best time is on the same day as your breast surgery which allows healing to happen all at once.”

Because of that small risk of infection, Tucson, AZ plastic surgeons Raman Mahabir, MD agrees that one should avoid resurfacing the chest during a breast augmentation recovery period. “We always recommend taking antibiotics before the treatment, during and one day after treatment ,” he says.

### **If it’s a breast lift or reduction...**

If the surgery is a breast lift or reduction that will create more visible scars, **Dr. Levine** says he recommends waiting. “You can undergo a laser treatment as early as six weeks after your procedure,” he says. “Doing it after potentially holds more utility for patients because the skin is going to be tighter after surgery. It’s almost like you’re treating the end product and you can start lasering the actual scars themselves.”