



Mastopexy Instructions

BEFORE YOUR SURGERY:

Suggestions:

- Arrange for 7-10 days off work. Recovery is variable, depending on your individual response to surgery, but some time to heal is mandatory.
- Try to complete all non-essential personal duties and responsibilities before your surgery. Your recovery will be far less stressful if you can get all of life's little tasks out of the way beforehand.
- Have someone available to help with things around the house (kids, meals, shopping, etc.) for several days after surgery.
- You will be provided with a bra after surgery, though you may wish to obtain 2 or 3 different bras for use after surgery. A sports bra that opens in front or in back gives good support and is easiest to put on and take off. The size of the bra should be similar to your pre-operative size, but is somewhat unpredictable. The bra should not have an underwire.
- Wear loose-fitting clothes that do not have to be pulled over your head.
- Obtain a package of 4"x4" gauze for dressings after surgery

Mandatory:

- Stop intake of all Aspirin and Aspirin-related products (anti-inflammatory like Motrin, Advil, Naprosyn, etc.) two weeks before surgery, as these products will increase bleeding and bruising during surgery
- Stop smoking or nicotine-containing products (Nicorette, nicotine patch) 6 weeks before surgery. Champix, Zyban or other non-nicotine containing products may be continued through surgery. If you are unable to **completely quit**, please contact me the office at least 4 weeks prior to surgery.
- Consume no food, drink or even water after midnight the night before surgery. A full stomach on the morning of surgery will necessitate cancellation of the procedure.
- Discuss any medications, or changes in medications by contacting the office.
- Have someone available to bring you home after surgery (usually later in the afternoon).
- Have someone available to stay with you the night after surgery.
- Be at the hospital several hours before your scheduled time (discuss this with my office staff)
- Remove all body jewelry possible, prior to surgery.
- Do not use body creams or lotions for 24 hours prior to surgery.
- Do not wear a ponytail or hair pins/clips before/to your surgery.
- Avoid eyelash extensions before surgery as these may be disturbed during administration of anesthesia



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AFTER YOUR SURGERY:

Immediately After Your Surgery:

- No heavy lifting (more than 10 pounds)
- Keep your arms comfortably at rest at your sides, though you may move them as tolerated if comfortable.
- Sleeping is usually most comfortable on your back, propped up on pillows, but you may sleep on your side if comfortable
- Wear your dressing/bra at all times, to reduce swelling and maintain the shape of the breasts
- The dressing is to remain dry and in place until I see you for your first post-operative visit. You may sit in the tub, but please keep the bandages dry. The initial bandage often becomes soiled with drained blood after surgery, this is normal and should not be a cause for alarm.
- You may eat a regular diet
- No driving until discussed with me
- Take all medications as prescribed:
 - Usually Dilaudid, Tylenol #3 or Percocet, 1 or 2 tablets every 3 to 4 hours **as needed** for pain. This may be supplemented by over the counter anti-inflammatories, such as Motrin, Ibuprofen, Advil or Tylenol.
 - Note that the pain medicine may make you nauseous or constipated. You may use over-the-counter stool softeners, such as Colace.
- Call my office to arrange a follow-up appointment for about 2-5 days after surgery

Things to Watch Out For:

- A rapid increase in pain, swelling and firmness of one, or both, breasts, with a bluish discoloration of the skin, may indicate bleeding
- High fevers above 38.5 C or 101.5 F
- Ongoing fresh staining of the dressing with blood
- **The presence of these above mentioned conditions warrants a call to your surgeon**

Normal Post-Surgical Reactions:

- Pain, bruising, and mild swelling are normal and expected after surgery
- Low grade temperature is often seen early after surgery
- Mild differences in size and shape are common and normal in the early recovery period



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Late Post-Operative Period:

- No heavy lifting, upper body weights, vigorous exercise such as aerobics, jogging or swimming, for 4 weeks after surgery
 - Driving is allowed once you are off narcotic pain medication, **and** can move comfortably enough to react to any driving situation appropriately; check with me if you are unsure
 - You may shower after the first office dressing change, and gently wash directly over the breasts
 - Wear your bra at all times for the first 4 weeks, unless otherwise directed
 - Dry gauze may be placed inside the bra if small amounts of drainage persist
 - Your stitches will be removed approximately two weeks after surgery. Creams and lotions over the scars are not to be used unless otherwise directed
 - Normal activities may be resumed as tolerated by 4 weeks after surgery
 - Avoid tanning over healing incisions
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- **If any of the above information is unclear, or any other questions arise, please do not hesitate to contact our office, during business hours, Monday to Friday – 08:30am-4:30pm**
 - **After hours and weekends: call my office, where you will be directed to call an emergency contact number, which is either Dr. Silverman’s cell phone – 613-355-9007, or Dr. Boyd’s cell phone – 613-297-2974.**
 - **Additionally you can contact us by email directly to askdrsilverman@ottawaplasticsurgery.com or askdrboyd@ottawaplasticsurgery.com, though we cannot guarantee an emergent response via email.**
 - **If you are unable to reach us and have a medical emergency, please go to the nearest emergency room.**
 - **Please notify our office if any unexpected hospital admission was encountered within 10 days of procedure.**