

## Care After An Augmentation With Mastopexy

- **Please ensure you get up and walk around every hour while you are awake.** When sitting or lying pump your feet up and down at regular intervals when awake to increase your circulation, minimizing the risk of blood clots.
- **Please ensure you are doing deep breathing and coughing** for 3-4 days following your surgery each hour while you are awake (breathe in through your nose and out through your mouth three times on the third breath out give a big cough).
- You may be fitted with a surgical bra if not, wear a soft supportive bra (avoid pressure on the areas where the fat was placed). Avoid an underwire bra for 6 weeks.

### MEDICATIONS

- Please do not take any Advil, Ibuprophen, Aspirin, Motrin or Anacin unless this has been discussed with your doctor or one of the clinic's nurses.
- You may have been given the following medications: Oxycodone and/or Acetaminophen (Extra Strength Tylenol) for pain management, Colace (Soflax) to prevent constipation, Lyrica (Pregabalin) for pain management/nerve receptor blocker, and Celebrex (Celecoxib) to help with swelling/inflammation.
- If you experience nausea, take Gravol as directed on the package 15-20 mins before you take your prescribed pain medication.
- Begin taking your stool softener (Colace) after your surgery and continue as needed. If you are still experiencing constipation, speak to your pharmacist about taking a laxative.
- Take Tylenol instead of your narcotics when you feel able.
- If you have been given a prescription for antibiotics, start taking them on the day of surgery and continue until all the medication is finished.
- If you have been given Arnica, you may continue to take the Arnica the night of your surgery and continue to take it until it is finished.
- Unless advised to do so, **Do NOT apply any hot/cold packs as they risk damaging your skin!!!**

### DRESSINGS and SHOWERING

- You must shower on the second morning after your surgery. No earlier please. Please have someone present with you for your first shower and do not lock the bathroom door as you may become dizzy. DO NOT take a bath, swim or sit in any hot tubs until your incisions are fully healed.
- Remove all of your dressings before showering. While showering, wash gently with your usual soap and water. Do not use a stronger cleaning product.
- Pat your incisions dry and apply some clean gauze/sanitary pads directly over any areas that may still be draining (a small amount of drainage is normal for the first

few days). The gauze/pads only need to be used only in the draining area(s) for as long as you have drainage from your incision after that no dressings are required.

- If you have TED stockings on they need to be worn for two weeks day and night (only removing to wash).
- The garment and the TED stockings should be hand washed with water and laundry soap as needed. You can then put them in the dryer on a gentle, low heat tumble dry. We recommend you wash your garments and then put them in to dry while you have your shower so they are ready to be put on when you are done.
- Your skin was cleaned with a pink antiseptic solution before surgery. You may also have some residual pen markings. These markings will gradually go away with showering.
- You may have a suture (long blue stitch over top of the bottom incision on your breast) that will need to be removed on Day 12 after your surgery. Please make sure that you have this scheduled follow up appointment.

### **ACTIVITIES**

- Avoid lifting anything over 5lbs for the first week after surgery. You may lift up to 10lbs during the second week. Please avoid walking your dog for the first week of surgery. The sudden tug or jerking action may cause bleeding in the breast.
- You will notice that you will gradually be able to lift your arms above your head as time passes and as your tissues relax. Please do not do any lifting above your head for the first week.
- You must avoid strenuous activities and exercise for about six weeks.
- If applicable, you may resume sexual activity when you feel comfortable. Generally, waiting 6 weeks is adequate, but each patient may feel differently. Use your discretion and listen to your body and how you are feeling. Avoid direct pressure to the chest area for 4-6 weeks post operatively.

### **WHAT YOU CAN EXPECT**

- You will have moderate discomfort, heaviness and tightness in your chest area. This will gradually improve as the days pass. If your pain begins to increase and is unmanageable, please contact the office.
- Moderate swelling will occur and this is normal. The swelling will be maximal at 2-4 days after surgery. Swelling will gradually improve over the next 3-6 weeks.
- If you notice any rapid increase in swelling in one breast or one breast is much more swollen or painful than the other breast, please call the office and speak to one of the clinic's nurses.
- Bruising is also to be expected. This will gradually resolve on its own. The Arnica tablets will help with this.
- The skin on your breast may be numb especially around the incisions. This numbness will generally subside.
- It is possible after a general anaesthetic to experience some nausea or vomiting, dizziness, sore throat, headache, muscle aches or fatigue. These symptoms will

usually settle within 48 hours. Drinking lots of water and eating healthy will help with these symptoms. If they do not resolve after 48 hours, please call the office and speak with one of the clinic's nurses.

Please note that you will NOT be able to work on the day of your procedure. **YOU ARE NOT ALLOWED TO DRIVE, MAKE ANY IMPORTANT DECISIONS OR OPERATE ANY TYPE OF MACHINERY FOR 24 HOURS AFTER YOUR SURGICAL PROCEDURE.** This is the law.

If you need to go to an Emergency Room/hospital/walk in clinic/family doctor for any reason **within 10 days** after your surgical procedure, you need to inform The Cosmetic Surgery Clinic of your visit.

***If you have any questions or problems, please do not hesitate to call the office at 519-746-1132, or in an emergency situation after hours, you may contact Dr. Ma directly at 905-818-0746. In the event that you cannot reach Dr. Ma and you need attention urgently, please go to your nearest emergency department.***

Last Medication Dose received:

Acetaminophen 1000mg (2 tablets) @ \_\_\_\_\_ (pain reliever)

Celebrex 100mg @ \_\_\_\_\_ (pain reliever/swelling)

Docusate Sodium 100mg start tonight

Your last narcotic dose was @ \_\_\_\_\_

We love hearing from you!

