

## Care After a Mastopexy

### ACTIVITY

- **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).
- 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 must avoid strenuous activities and exercise for about six weeks.
- If applicable, you can resume sexual activity when you feel comfortable. Generally waiting 6 weeks is adequate; however, every patient may feel differently.

### **\*IF YOU HAVE HAD FAT GRAFTING WITH YOUR MASTOPEXY:**

- The small wounds from where the fat was taken may have a tendency to leak fluid for a few days, this is normal. Place a heavier gauze dressing at these sites as necessary.
- You can begin to perform a very light massage to the areas where liposuction took place (where the fat was taken from), this can help decrease swelling. This can be started 48 hours after surgery. DO NOT massage the area where the fat was placed.
- Wearing pants, such as yoga pants or Spanx, that provide some compression to the thighs and abdomen can provide comfort and help reduce swelling during the first 2 weeks after surgery (if the fat was taken from your thighs/abdomen).

### MEDICATION

- 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.

- **Do NOT apply any hot/cold packs as they risk damaging your skin!!!**

## **WOUND CARE & 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.
- Continue to wear your surgical bra for four weeks after surgery. After four weeks you can wear an underwire bra if you choose. After 2 weeks you will need to wear a bra at night only if you are having drainage from your incisions (to hold the dressing in place).
- The lowest part of your incision may not be fully healed and may continue to drain fluid. Apply Vaseline to any areas that remain open, plus a light gauze dressing.
- The lowest part of your incision may have some irregularity or wrinkling of the skin. This is normal and improves with time and massage. Do not begin massage until all drainage has stopped (you will be instructed how to massage at your 2 week post-operative visit).
- If you have compression stockings on these are to be worn for two weeks day and night, taking off only to shower.
- 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.

## **WHAT TO EXPECT**

- You may have a fair amount of aching in your breasts. This should begin to get better after 3-4 days. If your pain does not get better, please call the office.
- Moderate swelling is normal and is maximal at day 2-4. It will gradually improve over the next 3-4 weeks. **If you notice a rapid increase in swelling on one side, or if one breast is much more swollen and painful than the other, please contact the office.**
- A lack of feeling around the incisions is normal. Nipple sensitivity is not unusual, if this a problem, put a light dressing or bandage over the nipple to protect it.
- All of your sutures are dissolving.
- You will see the office nurse for a post-operative visit approximately 2 weeks after surgery. If you have not been given an appointment, please call the office to arrange one.
- You will see your surgeon for a post-operative visit approximately 3 months after surgery.
- If concerns arise prior to your scheduled visit, please contact the office.

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 cell: 905-818-0746 or home: 905-648-7487. 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!

