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MASTOPEXY

- If you have a bra on it remains on at all times, off to shower.
- Remove dressings after one day
- You can shower on the first day after surgery. Gently pat dry.
- If any clear drainage occurs, you can put a light gauze or mini pad dressing on to cover these areas.
- Avoid strenuous activity and exercise for four weeks after the surgery.
- Do not take any aspirin, Advil, Motrin, Ibuprofen or Anacin unless this has been discussed with the office.
- If you have ever had a mammogram in the past, you must have another six months after surgery.

WHAT TO EXPECT

You can expect moderate discomfort in your breasts. This usually begins to rapidly improve after 2 – 3 days. Take your pain medication as directed. If your pain increases, please call the office at 519.746.1132, or if it is after hours, please contact Dr. Shenker directly at 905.628.1302.

Moderate swelling is normal and is maximal at day 2 to 4. It will gradually improve over the next 3 to 4 weeks. If you notice any rapid increase in swelling or one breast is much more swollen or painful than the other, please call.

Bruising is normal and will be especially noticeable if you have any liposuction done as part of your reduction and may take up to 14 days to fade.

Areas of numbness around the incisions are normal. Nipple hypersensitivity is also not uncommon. If this is a problem, you can place a light dressing over the nipple to protect it.

refresh
renew
revitalize