

## **Post-Operative Instructions for Mastopexy**

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (413) 731-7877.

- Minimal activities for the first 4 days after surgery.
- Sleep on back for first 2 weeks.
- You may ice your chest for the first week to decrease swelling and pain. Avoid heat to prevent a burn to the skin.
- You may change the gauze dressings as needed. You can use ABD pads, maxi pads, or nursing pads.
- You may shower 72 hours after surgery. Check water temperature to be sure it is not too hot to prevent burn.
- When showering, remove binder and dressings. Allow water to run down chest, no vigorous scrubbing. Avoid soap to breasts for 1 week. Leave incision tapes in place, if possible. Place a gauze dressing over each nipple and put binder back on.
- You should wear the binder or sports bra at all times for 1 month, then you can stop wearing a bra while sleeping. No underwire bras for minimum of 8 weeks and possibly longer if area under fold is tender.
- Do not raise arms above shoulders for first 4 days after surgery. Then, gradually increase arm activity.
- NO heavy lifting (greater than 15 pounds), pushing or pulling for 4 weeks after surgery.
- NO driving or working while on pain medications.
- You may take Tylenol for pain or Benadryl for itching if needed.
- Avoid Advil, Motrin, or Ibuprofen for the first week after surgery but you may take them any time after the 1<sup>st</sup> week.

You can expect:

- Sutures to be removed between 10-14 days after surgery if they are not dissolvable.
- To return to non-strenuous work within 3-7 days.
- Moderate discomfort which should be relieved with pain medications.
- Moderate swelling of breasts.
- Bruising around breast.
- Some bloody or clear drainage on dressings for the first week after surgery. Wear pad to keep clothes clean.
- Changes in nipple sensation. This should resolve.
- Intermittent sharp stabbing pain to the breasts as the skin nerves are repairing. This is temporary but may last for 3-6 months.

Call the office if you experience:

**Patient Initials:** \_\_\_\_\_

- Severe pain not relieved by pain medications.
- Increased swelling or firmness greater on one side than the other.
- Excessive drainage on dressings that is increasing.
- Incisions that appear to be opening.
- Any red, hot, or pus containing areas.
- A fever greater than 101.5
- Call the office at any time with questions.

**As time goes by and you are healing**, the following apply:

- Most swelling, bruising and soreness resolves within 6-8 weeks.
- Return to strenuous activities in 4-6 weeks.
- The scar will continue to fade for up to 2 years.

Some supplies that may be helpful to purchase prior to surgery:

- 1 box of gauze pads, maxi pads, or nursing pads for dressing changes
- 1 bottle of antibacterial soap
- 1 roll of paper tape
- 1 tube of bacitracin ointment

**\*\*We require 48 hours for prescription refills. Please call in advance.**

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