

## **Breast Lift (Mastopexy)**

### **Post- Operative Instructions**

#### **ACTIVITY**

- Take it easy and get some rest, you may walk around the house as tolerated. **You must have a responsible adult able to stay with you for 24 hours after surgery.**
- For the first 48 hours, you should sleep propped up in the bed or in a recliner to help reduce swelling.
- Avoid picking up anything greater than 10lbs or any strenuous activity for 6 weeks.
- You may slowly reach your hands above your head to help with range of motion. Do this in a slow and controlled manner.
- You may not drive while you are taking pain medication. After that, it will depend on your ability to handle a car without causing any discomfort.
- **NO SMOKING** or being around smoke for at least 4 weeks before and/or after surgery. This will interfere with your healing.

#### **DRESSINGS/TAKING CARE OF INCISIONS**

- You will have mepilex dressings on your incisions, those will be taken off at your appointment the following day and replaced with new dressings. You may take the new dressings off 2 days after they were applied.
- You will also have steri-strips on over your incisions, under the mepilex dressings. These will stay on until they fall off by themselves. They are applied with adhesive so if you pull them off before they are ready, this could blister your skin.
- You may shower once the mepilex dressings come off. It is fine to get soap and water on your incision and steri strips. Do not soak incisions in a tub.
- You do not have to cover the incisions once the mepilex dressings come off, if there is an area that is draining you may cover it with a band aid or gauze.
- You may wear a sports bra if you would like, avoid bras with underwire.
- Do not use a heating pad around the surgical sites. It could cause a burn, especially if you are experiencing numbness in that area. **DO NOT USE ICE.**

#### **MEDICATIONS**

- Take your prescribed medications as directed.
- The pain medication can cause constipation, make sure you are drinking plenty of water and taking a stool softener daily.
- Do not drink alcohol or drive a car while on pain medication.
- Wait 48 hours before taking any aspirin or ibuprofen.
- You may resume your regular medication after your surgery.
- If you take blood thinners, check with your doctor to see when you may resume them.

#### **WHAT SHOULD I EXPECT?**

- Despite the three layers of suture closing your incisions, there will be some oozing for a couple of days. This is normal.
- You may have shooting pains/tingling sensations in the skin for a few months, these will subside.
- Most of the discomfort/tightness/swelling will subside after 48 hours.
- Your breasts will feel firm, they will soften with time.
- It is normal to have numbness over the incision for several weeks or months & also decreased sensation to your nipples.
- A more natural shape will occur as the breasts “settle” in a slightly lower position over the first few months.

**CALL YOUR DOCTOR AT 601-987-6581 IF YOU HAVE**

- A temperature greater than 100.4
- Excessive bleeding from incision
- Bleeding into the breast (if you notice that one breast is twice the size of the other breast)
- Thick/white drainage, increased pain or swelling around the incision site
- If you have persistent vomiting, have a pharmacy number so that a prescription can be called in

**IF YOU HAVE A LIFE-THREATENING EMERGENCY CALL 911 AND GO TO THE NEAREST HOSPITAL**