

SOUTHWEST BREAST & AESTHETICS

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Mastopexy (Breast Lift) Post-Op Instructions

What to Expect Immediately After Surgery:

1. After surgery, you will be brought to the recovery room. The expected length of time in the recovery room is approximately 1-2 hours. Your family / chaperone will be contacted when you have been transported to the recovery room.
2. A member of the plastic surgery team will speak with your family / chaperone regarding post-operative instructions, will answer any questions, and will provide updates on the course of the procedure.
3. This is typically an outpatient procedure. MOST of our patients go home the same day after surgery, although depending on your health status and comfort level, you may be kept in the hospital one to two days.

Post-Operative Instructions:

1. **Diet:** Resume a normal diet. Attempt to increase fluid (six cups of water) and fiber intake in order to prevent constipation as this is a known effect of narcotic pain medication. Stool softeners should be taken with narcotic pain medication.
2. **Activity:** You are encouraged to ambulate the day of surgery. Non-strenuous activity only is allowed. You should not lift greater than five pounds unless otherwise indicated; these restrictions should continue until they are removed at follow-up visitations. Resumption of exercises should only begin after clearance from your surgeon.
3. **Pain:** Pain medications will be prescribed to you prior to surgery. It is suggested to fill the prescription(s) prior to surgery to provide a more relaxed post-operative course. Aspirin should not be taken unless specifically prescribed by your surgeon.
4. **Follow-Up Schedule:** The first post-op follow up appointment will occur the week following surgery. Contact information for the follow up appointment will be given to you. You are encouraged to make the follow up appointment prior to the surgery. Normal

follow-up routine includes office visits weekly for the first couple weeks and then at one month post-operatively.

5. **Incisions:** Sutures are most often internal and not visible on the surface. Typically they dissolve on their own with time. In some situations there may be some external sutures that may or may not require removal. We will remove and care for sutures as necessary in clinic. Incisions may show mild signs of redness and inflammation for the first four months post-operatively. This is normal and should resolve with time. It is normal to have some oozing from the wound edges in the initial post-operative period. Wound care and scar care instructions will be based on how healing progresses as assessed at clinic visits. Do not place ointment or other products over incision lines until instructed by your surgeon. **PLEASE DO NOT PLACE ICE PACKS OR HEATING PADS ON OR NEAR ANY SURGICAL SITES DUE TO ALTERED SENSATION AND INABILITY TO FEEL WHEN TOO HOT/TOO COLD!!!**
6. **Dressings:** Dressings are simple and consist of medical-grade glue, soft padding to absorb any oozing from the wounds. Do not pick at or attempt to remove the glue. It will fall off with time. Replacing padding daily keeps the area clean and dry.
7. **Bathing:** You may shower on post-operative day two. No bathing or submerging in water (ie: pool, whirlpool, hot tub, etc.) for 4 weeks. It is advisable to pat dry the incision area gently prior to applying new soft padding to the area.
8. **Post-Operative Bra:** The breasts should be supported with minimal movement for 2 weeks. A lightly compressive front closure sports bra/bralette should be worn. Please DO NOT wear any bra with an underwire for at least 6 weeks. There should be no direct or prolonged pressure to the breasts for 2 weeks. This means no sleeping on your tummy or sides, only on your back.
9. **Work:** You are normally advised to take four weeks off from work, although earlier return to work is possible depending on your occupation and recovery. The recovery period could take longer if there are complications after the surgery.

Post-Operative Prescriptions and Medications:

Please note that we advise you to prepare necessary medications prior to the surgery to make your post-operative course more pleasant.

1. Oral Narcotics are prescribed to manage the pain and should be taken only as necessary. They are to be taken as instructed. The first-line medication is **Oxycodone**. This can vary depending on patient needs and preferences. This medication can make you drowsy and should not be mixed with alcohol. You should not drive nor operate any heavy machinery while under the influence of this medication.

2. You may also be prescribed non-narcotic pain medications such as an NSAID (same class as Ibuprofen), Tylenol, and/or nerve pain medication. These medications should also be taken as instructed.
3. Anti-Nausea medications may be prescribed as needed. Nausea may occur post-operatively and can be a side effect of pain medications. The first-line medication we prescribe is **Ondansetron (Zofran)**. This medication can make you drowsy and should not be mixed with alcohol. You should not drive nor operate any heavy machinery while under the influence of this medication class. This medication can also cause constipation.
4. Anti-constipation medications can be purchased over the counter and should be taken with narcotic medications. Our first line choice is a stool softener, **Docusate Sodium (Colace)**. Laxatives such as **Senna (Senokot)** should be reserved for cases where constipation continues despite stool softeners.