



Breast Lift (Mastopexy) Post-Operative Instructions

Following your surgery, it is important that you follow Dr. Moore's post-operative instructions very closely. This will increase the likelihood of having an uneventful recovery, achieving the results you desire, and avoiding preventable complications.

If you should have any questions regarding these instructions or any other aspect of your care, please call Dr. Moore's office at 229-259-0019. After normal office hours please call the South Georgia Medical Center Switchboard 229-333-1000 and ask for Dr. Bridgett Moore or the plastic surgeon on-call

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

Activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Do not drive car for 2 weeks; after 2 weeks, only drive car with automatic shift and power steering.
- Do not drive until you have full range of motion with your arms.
- Limit use of arms for 4-6 weeks.
- No heavy lifting.
- Avoid strenuous exercise and activities for 4-6 weeks.
- Social and employment activities can be resumed in 7-14 days (this will vary depending on your type of work).

Incision Care

- If drainage tubes have been placed, you may shower 48 hours after removal.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on.
- Keep incisions clean and inspect daily for signs of infection.
- No tub soaking while sutures or drains are in place.
- Leave dressing on for length of time prescribed by your surgeon.
- Wear your surgical bra 24/7 for 6 weeks post op (your surgeon may modify these instructions).

What to Expect

- There may be postoperative pain, temporary bruising, discomfort, numbness, dry breast skin, swelling and discoloration.
- May be some loss of sensation in the nipples.
- Sagging breasts can recur with the aging process, pregnancy and weight changes.
- Scars will fade in several months to a year.

Appearance

- Wearing a bra helps to maintain your new appearance.
- Increased firmness.

Follow-Up Care

- We will set a post-operative appointment. **Note it here:** _____
- Drainage tubes are removed when the 24-hour output is less than 30 ml x 2 days.
- Sutures are removed in 7-14 days.

When to Call

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.5 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

For Medical Questions, Please Call:

229-259-0019, Monday – Thursday 8:30-5pm and Friday, 8:30 a.m. - 12 p.m.

After hours and on weekends, call SGMC Hospital Paging at 229-333-1000 and ask for Dr. Moore or the Plastic Surgeon on call.