



## **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.**