

PRE AND POST OPERATIVE INSTRUCTIONS FOR MASTOPEXY/BREAST REDUCTION

BEFORE SURGERY

- Please read all of the information in your pre-op packet three times: immediately after your appointment, the day before surgery and again after surgery to ensure that you will remember the details.
- By planning ahead, you can have a more relaxed recovery phase. Fill your prescriptions, stock your home with comfort foods and arrange a comfortable place to sleep. Do not be alone the night of surgery; plan to have someone stay with you. Remember that you will need a ride to the first and second post-op appointments as well.
- **NO SMOKING** one month before and after surgery. Smoking impedes healing.
- Start taking Arnica Forte the night before surgery.
- All patients 35 years and older are required to have a mammogram within one year prior to surgery.

THE DAY OF SURGERY

- Make sure you do not eat, drink, smoke or chew anything except essential medications (as approved by your doctor) 8 hours prior to surgery. You may take a small sip of water with your Dramamine the morning of surgery.
- Know where to go, when to be there, and please **DO NOT FORGET**
 1. Your pre-op packet
 2. Your garment
- Wear comfortable clothing, preferably something you do not have to pull over your head.

THE FIRST WEEK

- The car ride home can cause nausea, so taking a Dramamine prior to discharge can help prevent a problem. A scopolamine patch (looks like a spot bandage) may be placed on your inner arm or behind your ear in pre-op. This helps with nausea for three days and can be removed per the instructions.
- Once home, find a nice place to settle where you can sleep on your back with the head of the bed elevated about 30 degrees. Keep your medications, fluids and something to throw up into, if necessary, close by. Work on deep breathing to keep your lungs expanded. Start your antibiotics at the next mealtime once at home and all others as needed or as directed.
- You do not need to remove your bra or dressings unless there is a problem or you have been given specific instructions. A bloody stain may occur along the sides of the surgery bra or over the nipple area. This is nothing to worry about.
- If you have been sent home with your drains, strip and record the output three times per day. Keep a record of the 24 hour totals from each side and bring this information to your follow-up appointment.
- It is common for one side to hurt more or to appear slightly more swollen than the other when looking down the top of the bra. If the difference is extreme, you need to be examined to be sure you do not have a hematoma.
- Low-grade temperatures (99-101°) usually result from not breathing deeply enough. Be sure you take 10 deep breaths an hour and get out of bed regularly. Your temperature should get better doing these alone. With continued or higher fevers, other things to check are redness at your I.V. site, burning when you urinate and tenderness in your calves. Bad signs are increasing pain and redness, higher temperatures, rash, fainting, altered mental state, persistent vomiting, or diarrhea. Let us know immediately if you experience any of these symptoms.
- It is fine to bathe the area outside the bra. You may want to even have your hair washed and styled, but you should not do it yourself this first week since it entails lifting your arms. For some patients it is ok to

shower 1 -2 days after surgery. If you have drains and breast implants you must wait to shower until the drains are out.

- Itchiness under the bra may improve with oral Benadryl, or applying hydrocortisone cream to the skin (as long as it is not on an incision). If the itchiness persists, come in for an appointment so that we can remove the dressings.
- When you come back for your first follow-up appointment we will change your dressings and switch you to a more comfortable bra. We recommend a soft sports bra or cotton bra that hooks in the front. Avoid underwire and lace bras. We have a nylon style in the office that may work if you cannot find anything.
- Everyone experiences pain differently. Some people feel fine right after surgery, while others are sore for up to 6 weeks. **YOU SHOULD NOT DRIVE** for the first week, while you are still on medication or still in pain. Most people are still sore enough the second week that their reaction time behind the wheel of the car is still slow, so unless you feel completely normal, do not drive the second week, either.
- Even though you may be feeling well, you still need to be very careful not to exert yourself and over-use your arms. Do not pick up anything heavier than a phone book or engage in activities that make your face turn red for the first four weeks.
- You can shower after your first appointment, or after your drains come out. Allow water to fall on your back and shoulders rather than directly on your chest.

THE SECOND WEEK

- Wear the bra around the clock and continue following arm movement and sleeping precautions as described in week one.
- We will remove the white, cloth tape 10 days to two weeks post-op. You can then begin your scar care.

THE THIRD AND FOURTH WEEKS

- You will probably be feeling much better by this time. If you are off your pain pills and are feeling fine you can start driving.
- There are often areas along your incision that take longer to heal. Make sure you understand the wound care recommendations made at your appointment.
- Where the incision is completely healed you can start using Mederma or Silicone gel sheeting. Refer to your scar care instruction sheet for options.
- You may feel a sharp bump along your incision or get an irritated pimple that is likely a “spitting” suture, or one that is coming up to the surface. Keep it clean and make an appointment to have it removed. These may appear months after the actual surgery.
- Keep wearing your bra round the clock for the first month after surgery. Avoid underwire bras for about three months.

LONG TERM

- You can start exercising regularly once your incisions are healed or one month after surgery.
- Be sure to take good care of your scars. If keloid scars occur they may benefit from a steroid injection. These scars are very itchy, thick, and red.
- The shape of the breasts will continue to change for the first year. Please make a follow-up appointment for one year from the time of your surgery for photographs.