

## BREAST LIFT POSTOPERATIVE INSTRUCTIONS

**Management of Pain and Discomfort:** We have found through many years of experience that the level of pain and discomfort following mastopexy surgery is far less than you might expect. It is not unusual for our patients to return and tell us that their level of discomfort was far less than they had feared. However, you have been given pain relievers to make your first postoperative days more comfortable. Start by taking one every 3-4 hours as you need them.

**Avoiding nausea: Always eat something before taking pain medications or antibiotics.** Keep foods light the day of surgery, avoiding heavy or greasy foods. Suggestions include soups, crackers, toast, yogurt, milk shakes, cereal, oatmeal, mashed potatoes, and scrambled eggs.

**Antibiotics:** The first dose will have been given during surgery. Take your first pill tonight (about six hours after you leave the office). The antibiotic should be given approximately every six hours until they are gone (two days).

**Management of Dressings:** It is normal and expected for there to be bloody drainage from the wounds into the dressings and the postoperative garment. This is not dangerous or worrisome. There is always oozing of blood from surgical wounds and actually your recovery will be far easier if the majority of that drains from the wounds into the dressings. If drainage is minimal, you may wish to leave the dressing intact and only change them once daily.

**First Shower:** You may shower the **second** day after surgery. Someone must be present for the first shower in case you become dizzy or need to sit down. Remove the bra and all dressings. If there are gauze pads simply discard them. Remove any dressings down to bare skin and incision. You may shower over the exposed incision without any danger. There will be some asymmetry both of size and of bruising (both amount and location) and that is normal. After showering simply replace the bra and bandeau. No specific ointment is necessary over the incisions; however, a gauze pad or a maxipad should be inserted between the incision and the bra to protect the incision from irritation.

**The day following the surgery:** The most important thing this day is getting up, walking around, and beginning to gently move your arms and shoulders. It will make you feel better and begin the process of movement. Keep in mind that you may still be under the influence of the anesthetic drugs, and are certainly under the influence of the narcotics.

**Activity Level:** The first postoperative evening you will still be feeling the effects of the general anesthetic and you will mostly wish to sleep. The next day you will feel much better. Basically what you do in the first postoperative days is a matter of common sense. You will find that using your arms in any vigorous way will be uncomfortable. Anything else such as walking is usually well tolerated, but every individual is different. Most individuals find that they can get back to a relatively normal activity level in 3-5 days.

**Your First Postoperative Visit:** You will be given an appointment before you leave the surgical center to see us in our office in approximately 3-4 days following your surgical procedure. You will need to bring a bra with you since your postoperative garment will be blood stained. It will be easiest for you if this bra fastens in the front. Size is not all that important, but it should be neither too tight nor too loose. The bra should not have an underwire and since it may also become stained, it should not be expensive.

If you have any questions or concerns, call the office during business hours at 843-797-0440 or the answering service after hours at 843-724-5441.

**RELEASE FOR POSTOPERATIVE HOMECARE INSTRUCTIONS**

I, \_\_\_\_\_, have been given and understand the postoperative home care instructions regarding patient, \_\_\_\_\_.

CAREGIVER SIGNATURE: \_\_\_\_\_

WITNESS: \_\_\_\_\_