

POST-OPERATIVE INSTRUCTIONS – BREAST LIFT / MASTOPEXY

Before Surgery:

- Quit smoking prior to surgery. Nicotine can impair and delay the healing process, cause open wounds, and/or lead to death of the nipple or skin. If this is a problem, please talk to Dr. Lee.
- Discontinue all aspirin products or medicine that can increase your chance of bleeding 2 weeks prior to surgery. This includes diet pills, all herbal medications, flax seed oil and vitamin E.
- You need to have a responsible adult to drive you to and from your surgery. Car transport services cannot be used. You also need a responsible adult to stay with you for the first 24 hours after your procedure. Post-op instructions will be given to this person for you care for the first 24 hours after surgery.
- The hospital will call you the day before surgery and tell you the exact arrival time, when to stop drinking fluids, and what medications to bring.

Items to Purchase prior to Surgery:

- All Medications:
 - Dr. Lee will order any medications needed for surgery at your pre-op appointment. Pain, antibiotics and anti-nausea meds are sent to the pharmacy for you after your pre-op visit.
- Gauze or ABD Pads. Used for incision drainage for the first few days after surgery.
- Soft bra with NO UNDERWIRE. Front zip sports bras purchased at stores like Target are often easiest. You will be placed in a bra in the operating room after surgery as well, and you may also continue to use this bra if you like. We expect you to wear the bra **24 hours a day for the first 6 weeks after surgery**. You may remove to shower and to launder the garment. You do not need to bring the bra on the day of surgery.

The Day of Surgery:

- Please arrive at the instructed time.
- **Nothing to eat or drink after midnight, unless instructed by the Anesthesiologist.**
- We ask that you remove all jewelry, contact lenses, hair clips, and body piercings. Please leave valuables at home. For your comfort, please wear loose, comfortable clothing. Loose, drawstring sweatpants, a front closure shirt and/or a robe. Wear slip-on, flat shoes with a slip proof sole, no heels and clean socks.

Post-Operative Instructions:

- Get out of bed, walk around your home and take 10 deep breaths at least 3 times/day. Try to increase your activity each day. Please try not to lift your arms above shoulder level, and do not lift anything heavier than 5 pounds.

- You may take 1 or 2 pain pills every 4 hours as needed for pain. It is very important to eat a small amount of food with the pain medicine. This can be crackers, banana, or yogurt. Having food in your stomach will help prevent nausea. Please alternate taking Norco and Advil (800 mg) every 2-3 hours so that you have more continuous pain control.
- Please call with any other questions about pain management.
- Please do not bend over at the waist or pick up heavy objects for the first few days. This may increase swelling, bleeding, and pain.
- For the first 3 nights, you want to sleep with your head slightly elevated on a few extra pillows.
- You may shower 24 hours after surgery. Remove the bra and gauze. You may throw the gauze away. Please do this while sitting and have someone with you. You may use regular shampoo and soap. After the shower, pat dry and put on a clean bra. Gauze is no longer needed. You may also use your own bra if you wish, but it must be soft with no metal/underwire and should not be tight on your incisions.
- You will have tape and skin glue over your incisions protecting them. DO NOT REMOVE. If the edges begin to lift up, you may trim them with a scissor. Dr. Lee will remove this for you 3 weeks after surgery. Most of your sutures will be dissolvable, but you may have a permanent suture beneath each breast which will also be removed in the office 3 weeks after surgery.
- You need to start walking and taking deep breaths the day of surgery when the effects of anesthesia have worn off. This is to help prevent pneumonia and blood clot formation in the legs. Take deep breaths every hour while awake. Have assistance when walking.
 - Avoid vigorous exercise, yard work, vacuuming, or any other activity that requires excessive arm usage for six weeks.
 - Please rest with a couple of pillows under your head and shoulders. It is normal to have some swelling. This usually maximizes at 24-48 hours.
 - Hematoma, or bleeding, is not common, but can occur early after surgery. When this occurs, the area operated on can become significantly or dramatically bigger, tighter, bruised and more painful. If this occurs, notify the office immediately.
 - Please do not drive until you are cleared by your surgeon. Notify the office if you experience any of the following:
 - Redness around incisions, foul smelling odor or drainage from incisions or drains.
 - A temperature > 101 ° F.
 - Uncontrolled pain or vomiting
- Swelling and bruising is normal after surgery, but if one breast is significantly larger than the other, or if there is a significant change in the color of your nipples, please call the office.
- A small amount of drainage from the incision site is normal for the first few days after surgery, as long as it is thin and pink or yellow in color. You can use ABD Pads over the incisions to protect your clothing. If the drainage is thick/white, looks like blood, has an odor, or significantly increases in amount, please call the office at (713) 999-1321.