

POST-OPERATION INSTRUCTIONS

Mastopexy

Post-Operative Instructions:

1. Take your medication as prescribed. The pain medicine may cause constipation so eat a lot of salad or fiber and take the laxative of your choice if necessary.
2. There may be some sutures that are trimmed on day 7. You may shower and pad the dressing dry. There may be OLD blood on the dressing that stains the dressing- this is not a problem. You will be instructed on lifting your arms above your head and moving them behind your back to keep you chest and shoulder muscles loose.
3. You will be instructed on massaging of your breasts starting day 3 after surgery. The nipples may be sensitive and massage/stimulation is important to decrease the discomfort in the first 4 weeks after surgery.
4. Light activity such as walking is encouraged after your surgery. Do not lie still for long periods of time – as you increase your risk of developing a blood clot in the legs. You may resume your normal activities immediately after surgery. The sooner you do this the faster you will recover.
- 5.. If you smoke, reduce the amount as much as possible two weeks before and two weeks after surgery. Take the nutritional supplement which helps with wound healing and speeds up your recovery.
6. There may be some bruising and swelling – this is normal and will gradually resolve one to three weeks following surgery. The size of your breasts will decrease over the first month and will change to a lesser degree up to 4 months after surgery.
7. Steri-strips or micropore tape (by 3M) will be applied to the incision and you will be instructed on how to apply them- the tape is worn for 3 months to help with wound healing. Do not expose the incisions to sunlight for a minimum of 6 months – apply sunblock to protect the incision when it is necessary.
8. As part of your post-operative care you need to book for GentleWaves treatments twice a week for the first month- this is a light therapy that takes a minute or two and will improve the rate of wound healing.
9. If you have any concerns please do not hesitate to call the office.
10. Take the nutritional supplements which help with wound healing and speeds up your recovery.