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Mastopexy Post-Op

- **WEARING YOUR BRA:** A bra will be placed on you at the time of your surgery. The bra acts as a “dressing” holding the breasts in position. For tissue healing, it is necessary to wear a bra at all times for four weeks. If your bra feels too tight or hurts, it may cause ulceration. To avoid this, you may unhook the bottom two hooks or the top two hooks to make it more comfortable. You may remove the bra for showering only. If you have incisions in the crease of your breast, do not wear a bra with an underwire until sensation to the scar has returned to normal, with full sensation.
- **NIPPLES:** You may experience a change in sensitivity of the nipples and the skin of breast. This is normal and will get better as the healing process gets better. Check your nipples three times a day. Notify Dr. Taylor immediately if the skin appears discolored, grey, or black.
- **STERI-STRIPS:** Steri-strips are adhesive strips that support the incisions in their early stages of healing and prevent widening of scars. Please leave the steri-strips on until they begin to come off naturally. You may gently wash over the steri-strips with anti-bacterial soap. Do not trim or pull any suture. The long tails of the sutures are needed when removing them in 5-7 days.
- **PAIN:** Mild to moderate discomfort is normal after surgery. Please follow instructions given to you with your pain medications.
- **DRIVING:** You may drive when driving does not cause you pain. You must wait 24 hours after anesthesia and until you are no longer taking pain medications before you resume driving. This would be driving under the influence and you would endanger yourself and others.
- **BLEEDING:** Small amounts of oozing and bleeding are common and expected. Feel free to change the gauze as needed at home. If the bleeding is more than a slow staining of the dressings, apply firm pressure for 20-30 minutes. Should heavy bleeding occur, apply firm pressure and call the office immediately at 479-521-1500.
- **BRUISING AND SWELLING:** Bruising and swelling are to be expected. Swelling will take 3-6 months to fully resolve. The shape of your breasts will change and appear more natural and relaxed overall several months.
- **SHOWERING AND BATHING:** You may shower 24 hours after surgery. Water does not harm healing incisions. Strictly avoid tub baths, hot tubs, swimming pools, oceans, and lakes until the incision is completely healed and no longer forming scabs. You may use antibacterial soap in the shower, but be

gentle on your incisions.

- **ACTIVITY:** Do not lift anything over 5 pounds for 2-3 days. As you begin to resume normal activity, refrain from any action that causes pain. If it hurts, don't do it. You should not return to weight lifting, aerobic exercise, or any high impact activities for 4 weeks. The doctor will let you know when you may resume these activities, based on how you feel.
- **INFECTION:** Although infection is unusual after this type of surgery, please take all prescribed antibiotics until full prescriptions is empty. Signs of infection include drainage with a foul odor, yellow or green drainage from the incision, fever of 101 degrees (usually accompanied by chills), or redness and warmth around the incision. These are symptoms which need to be reported. **WARNING: Smokers have a greater risk of skin loss and wound healing complications. Do not smoke while your body is trying to heal from surgery.**
- **HEMATOMAS:** Hematomas are the collection of blood and fluid under the skin. They are rare, but must be reported immediately. A hematoma is evidenced by one breast becoming significantly more swollen and painful than the other breast. If you see evidence of a hematoma, contact Dr. Taylor's office immediately.

If you have any questions, please contact our office at 479-521-1500. We have a nurse on call 24hrs a day. In case you cannot contact someone and you have an emergency, go straight to the hospital.

I understand and have received a copy of the post-op instructions

Signature: _____ Date: _____