

INSTRUCTIONS AFTER MASTOPEXY

ACTIVITY

It is important to rest after surgery, this allows the body to heal. Activity raises the blood pressure and may cause post-operative bleeding at the operated area. When you return home after your surgery it is important to be up walking, but don't plan any strenuous activities during the first two weeks after your operation. You may go for short walks and perform light activities around the home as you feel able. You should not lift anything heavy for seven to fourteen days. It is best to sleep on your back for the first two weeks after surgery. You should feel better each day after surgery. Elevating the operated part reduces swelling and discomfort, therefore sleeping with extra pillows to prop yourself up would be advised.

MEDICATIONS

Avoid Aspirin/Ibuprofen/Advil as they thin the blood and may lead to post-operative bleeding. It should be avoided for one week following surgery. Tylenol is an excellent medication for relief of pain. **DO NOT SMOKE.** Smoking dramatically increases the chance of complications around the time of your surgery. You should refrain from smoking for three months after your surgery. Smoking/vaping is detrimental to post-operative healing and should not be used.

DRESSINGS

Dressings are changed prior to discharge. Upon your discharge, you should leave the dressing clean and dry for 48 hours. This allows the skin to create a water tight seal. After 48 hours from discharge, wash the affected area once daily. This keeps the incisions clean and helps prevent infection. The best way to do this is to take a shower and allow the soap and water to run over the operated area. Do not aim the water directly at your incisions as this will be painful. When you have finished washing, gently pat your incisions dry and reapply a gauze or abdominal pad dressing, and then the compression bra. Do not take a bath or swim for two to three weeks following surgery. There are numerous small tapes applied to the incisions at the time of surgery. **Leave the white paper tapes in place.** These help to reinforce the incision and will fall off on their own in one to two weeks. Your sutures are dissolving. Your breasts will remain quite swollen for one to two weeks following surgery. It takes three to six months for the breasts to assume their final shape and size. You should wear your compression bra 24 hours a day for 1 week.

THINGS TO WATCH FOR

Infection: Any time an incision is made in the skin, there is a potential for infection. A low-grade fever during the first 24-48 hours following surgery is normal. This results from the inflammation caused by surgery. If you have a fever that is very high (>38.5), and does not return to normal with a dose of

Tylenol it may indicate infection. Other signs of infection are spreading redness at the operated site, increasing swelling, increasing pain, excessive or purulent drainage or nausea and vomiting. If any of these things occur call Dr. Fortin's office, your family doctor or go to the nearest emergency department.

Bleeding: A small amount of red or yellow discharge from a fresh incision is normal for up to five days after surgery. Signs of ongoing bleeding include a lightheaded feeling, a racing pulse and pounding heart, excessive sweating, and visible dark red blood from your incisions. If this happens call Dr. Fortin's office or go to the nearest emergency department.

FOLLOW UP

Dr. Fortin would like to see you in the office approximately two weeks after surgery.

PLEASE NOTIFY THE OFFICE IF YOU HAVE SOUGHT OUT ANY MEDICAL ATTENTION 10 DAYS POST SURGICAL PROCEDURE

If you have any questions regarding your surgery please call Dr. Fortin's office.