

**MASTOPEXY - POST OPERATIVE INSTRUCTIONS**

You may remove your dressing and shower 48 hours after surgery. You will need to use a lanyard or shoe string to fasten your drains to while you shower. Your drains can get wet. Pat the incisions dry. Do not rub. Wear your sports bra after you shower. Keep the stern-strips (tape) in place. Use Kotex pads to protect the incisions and absorb any drainage.

Take the pain medication as directed. While taking narcotics, take 100mg of Colace by mouth twice a day starting the night of surgery to prevent constipation. This is an over the counter drug. Stop taking Colace if loose stools occur. You may take Milk of Magnesia, Miralax, Senna, or laxative of your choice as needed for constipation. Drink plenty of water.

Sleep in a sitting or upright position as much as possible to reduce swelling. Avoid sleeping on your side the first week as this can cause one-sided swelling and bruising. You may find that ice packs help with the pain and swelling the first several days. Apply the ice for 20 minute intervals.

You will have areas of numbness of the breast. A change in nipple sensation is normal. Do not use a heating pad or hot water bottle as the skin sensation is not normal for several months, and a burn may result.

Your breast may appear round, tight and shiny. It will take several months for the breast to assume a more relaxed and normal shape. Occasionally, there may be blistering. Apply Bacitracin ointment to any blisters that develop.

Avoid aspirin or ibuprofen containing medication for two weeks after surgery.

No alcoholic beverages or driving while taking pain medications.

No vigorous activity or heavy lifting for two weeks after surgery. Walking is encouraged.

Wear a sports bra (no underwire) for compression for 6 weeks following surgery.

* **CALL THE OFFICE AT 214-823-9652 FOR THE FOLLOWING:**
  + - IF ONE OR BOTH NIPPLE AREOLA COMPLEXES APPEAR DARK (DUSKY) IN APPEARANCE
    - YOU HAVE A FEVER OVER 101.5 DEGREES
    - YOU HAVE SUDDEN INCREASE IN SWELLING OR YOU NOTICE A SIGNIFICANT SIZE DIFFERENCE BETWEEN THE BREASTS
    - YOU HAVE UNUSUALLY SEVERE PAIN
    - THERE IS REDNESS OR THICK DRAINAGE AROUND ANY OF THE INCISIONS
    - YOU EXPERIENCE SHORTNESS OF BREATH OR SWELLING IN ONE LEG

CALL 911 IF YOU HAVE A TRUE MEDICAL EMERGENCY