

## **Instructions for Mastopexy**

### **PRE-OPERATIVE INSTRUCTIONS**

- Aspirin - Do not take Aspirin or Aspirin containing compounds for two weeks before surgery. Aspirin may cause increased bleeding and bruising. You may take Tylenol.
- Smoking - No smoking for three months before and three weeks after surgery. Smoking will result in poor wound healing.
- Medications - Notify us if you routinely take any medication. If you are taking medications for any condition (i.e. heart, blood pressure, diabetes, seizures, etc...), please be sure to discuss with the doctor what should be taken the day of your surgery.
- Illness - If you develop any symptoms of a cold, cough, or infection, call our office for advice.
- Bra - You will be given two support bras to wear after surgery. Take one of the bras with you the day of surgery. You will wear this type of bra for approximately 3 weeks. Wear the support bra day and night. Remove the bra to shower daily. This type of bra will provide support and help reduce swelling. After three weeks you can wear other bras, but keep in mind that your swelling will continue to decrease. Your final bra size may change.
- Fasting - Do not eat or drink anything after midnight the day before surgery.

### **DAY OF SURGERY**

- Shower and shampoo the morning of surgery and report to the surgery center at the designated time. The facility will call you with your arrival time.
- Do not take jewelry or valuables to the surgery center. Remove all piercings before arrival.
- Wear loose comfortable clothing. Bring your bra.
- Someone must drive you home. Also, a responsible adult needs to stay with you the first night home.

### **POST OPERATIVE INSTRUCTIONS**

1. Rest at home for the first 24 hours.
2. You may experience discomfort for the first day or two. A prescription for pain medication will be provided. Do not take medication on an empty stomach as it may cause nausea. You may apply light ice packs (plastic bags with ice cubes) over the bra. This will reduce discomfort and minimize swelling.
3. Showering and shampooing is allowed as soon as you are home. You may get the plastic dressing wet. Pat dry and reapply your bra. No drainage tubes are needed.
4. The dressing will be removed in the office in a few days. After the dressing is off, wash all suture lines daily with soap and water.
5. Do not apply lotion or Vitamin E oil to the suture lines. We will discuss scar care 2-3 weeks following surgery.
6. Your sutures will dissolve. Keep the white tapes (steri strips) in place until they fall off.

7. Avoid strenuous exercise such as jogging, running, or aerobics for three to four weeks after surgery.
8. You may experience some bloody drainage from the incisions. Use gauze pads, sanitary pads, or nursing pads to avoid soiling your clothing. Sterile dressings are not necessary.
9. Despite the greatest care, any wound can become infected. If your breast becomes more swollen, red, starts to drain profusely or becomes increasingly more painful, contact our office for advice
10. Numbness of the breast skin or nipple is sometimes evident for a variable amount of time.
11. Your skin will be more sensitive to sun exposure for several months following surgery. Use of tanning beds directly on breast skin should be avoided.
12. Return to work will be discussed with the doctor.

#### **THINGS TO REPORT TO THE OFFICE**

1. Severe pain unrelieved by medication.
2. Temperature of 100 degrees or greater.
3. More swelling and/or pain on one side than the other.
4. Nausea and vomiting.
5. Marked discoloration of the nipple area.

Should any of these conditions exist, or should you have concerns about your surgery please call the office at 717-728-1700 or Dr. Stratis' cell number - 717-574-2116.