

POSTOPERATIVE CARE-OUTPATIENT SURGERY MASTOPEXY

- **Your first 24 hours**

Someone should stay overnight with you.

- **Position**

Resting with your head elevated or being in the upright position will help to decrease swelling during the postoperative period.

- **Dressings**

Keep your dressing as clean and dry as possible. Do not remove them unless instructed to do so.

Gauze pads or fluffs will cover the incision lines. Because the incision lines are usually quite long, some oozing of blood may occur (this is normal). We will change these dressings the day after surgery. Thereafter, feel free to change them as needed at home.

- **Wearing Your Bra**

A bra may be placed at the time of surgery or a day or two after. The bra acts as a "dressing", holding the breasts in perfect position. If the bra feels too tight or hurts, switch immediately to any bra that feels comfortable. A bra that is too tight can cause ulceration of the skin, and you must not let this happen! We want you to wear the bra at all times for at least 3 weeks. After 3 weeks, if you are healing without difficulty, you may sleep without the bra. You should not go braless during the day for 6 weeks after surgery. You will probably be more comfortable if you do not wear an under wire bra.

- **Bleeding**

Small amounts of oozing and bleeding are very common. If this entails more than slow staining of the gauze, apply firm pressure for 20-30 minutes before calling the office. Should heavy bleeding occur (very rare), apply firm pressure and call the office immediately at 859-254-5665.

- **Swelling and Pain**

Expect some discomfort. This should be relieved by your pain medication.

- **Ice Packs**

Cold or ice packs help to reduce swelling, bruising, and pain. Use frozen peas in the package or crush ice cubes and put the ice into a zip-lock bag. This should help, not hurt. If the ice feels too uncomfortable, don't use it as often.

- **Bathing, Showering**

Water does not hurt healing incisions. You may shower or bathe once the gauze dressings are removed. You may leave the adhesive strips (steri-strips) in place if they are adherent. If they come loose, remove them.

- **Activities**

We want you to avoid straining or any aerobic activity for at least 3 weeks after surgery. This is to avoid bleeding, bruising, and swelling. Do not resume strenuous exercise for 4-6 weeks. The physician will give you clearance to increase your activities according to the progress of your recovery. You may take gentle walks within a few days.

- **Sun Exposure**

If fresh scars are exposed to the sun, they will tend to become darker and take longer to fade. Sunscreen can help. Take care and precautions if the area operated on is slightly numb---you might not "feel" sunburn developing!

- **Diet**

If you have any postoperative nausea, carbonated sodas and dry crackers may settle the stomach. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet. If nausea is severe, contact the office.

- **Smoking**

Smoking reduces capillary flow in your skin. We advise you not to smoke at all during the first 15 days after surgery.

- **Alcohol**

Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.

- **Driving**

You may resume driving 7-10 days after surgery. Keep in mind that you must have full use of your reflexes. If pain will inhibit them, do not drive!

- **Sexual Activity**

You may enjoy sexual activity as your body allows.

- **Returning to work**

The average person usually returns to work or to a social schedule in 2-3 weeks. However, there is considerable variation in healing ability and occasionally a full month is required.

- **Post Operative Appointments**

It is very important that you follow the schedule of appointments we establish after surgery.

- **Finally**

If you have any further questions, please feel free to contact the office at 859-254-5665.