

# MASTOPEXY (“BREAST LIFT”) / BREAST REDUCTION

## Post-Surgical Guide

### INCISIONS

- Moderate bruising and swelling is normal, which may take 6 weeks or longer to resolve.
- Your incisions are closed in multiple layers with absorbable sutures
- The surface is sealed with a medical glue and may have steri-strips covering the incision.
- You will be given a surgical bra that should be worn at all times until instructed otherwise. No underwire bras for 8 weeks.
- You may have slight drainage from your incisions in the first few days after surgery. You can use gauze, Kleenex or any other absorbent pads inside of your bra.
- ABSOLUTELY NO ICE or HEATING PADS to incisions/breasts.

### DRAINS

- Use proper hand hygiene such as a gel sanitizer on hands before caring for drain.
- Twice a day, have your caregiver strip the drain tubing (gently milk the tubing towards the bulb) and record the output using clear measuring cups. Be sure to record each drain separately. Discard drainage in the toilet.
- Bring your drain log with you to follow up appointments.
- Call the office for an increase in bright bloody drainage, cloudy drainage, increase in pain, loss of suction (bulb won't stay compressed), leaking around drain exit site, or a clogged bulb.
- If there is an accidental dislodgement of drain, apply a dressing with gauze and call the office.
- Secure drains to clothing with safety pins.
- Your drains will stay in place until they are outputting about 20 ml per 24 hours or less.
- Expect drains to stay in for 1-2 weeks.

### SHOWER

- Unless otherwise instructed, you may shower 48 hours after surgery with mild soap like Dove.
- Use your hand or a clean, soft washcloth to gently cleanse your incisions. Do not rub the area. Pat dry.

**Dr. Christine Fisher**

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After hours: (512) 323-5465

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- After your first shower, start twice daily drain site care: Clean the drain site with soap and water and pat dry. Apply a pea size amount of bacitracin and cover with gauze or bandaid.
- No soaking in a bath or swimming until cleared by the office. This is typically 4 weeks after surgery.

## ACTIVITY

- Relax, rest, and do light activity within the home only for the first week.
- Avoid prolonged sitting and take multiple walks throughout the day during the first 2 weeks.
- No lifting more than 10 lbs for 4-6 weeks.
- No pressure on breasts.
- No laying on side while sleeping for 4 weeks.
- May drive after 1 week if off all pain medications.

## MEDICATIONS

- Take two Aleve in the morning and two in the evening starting the day after surgery.
- For additional pain control, take prescribed narcotic pain tablets every 4-6 hours as needed.
- Prevent constipation while on narcotics by taking one dose of Miralax daily and one dose of Colace twice daily until no longer taking narcotics and having regular bowel movements.

## EMERGENCIES

- **\*\*After hours, call Medlink Paging Service at (512) 323-5465\*\***
- Call the office immediately for:
  - Temperature greater than 101 degrees
  - Significant increase in swelling or one breast more swollen than the other
  - Extreme pain not controlled by pain medication
  - Redness of the breast or pus/yellow/green drainage
  - Darkened or blackened skin (in excess of normal bruising)

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