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POST OPERATIVE INSTRUCTIONS FORMASTOPEXY
(BREAST LIFT)

INSTRUCTIONS

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

ACTIVITIES

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Do not drive car for 2 weeks; after 2 weeks, only drive car with automatic shift and power steering.
- Do not drive until you have full range of motion with your arms.
- Limit use of arms for 4-6 weeks.
- No heavy lifting.
- Avoid strenuous exercise and activities for 4-6 weeks.
- Social and employment activities can be resumed in 7-14 days.

INCISION CARE

- You may shower after your first post-op appt.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on; replace if they come off.

- Keep incisions clean and inspect daily for signs of infection.
- No tub soaking while sutures or drains are in place.
- Leave dressing on for length of time prescribed by your surgeon.
- Once dressing is removed, a soft, wireless, full-support bra (nylon stretch) must be worn 24 hours a day for 2-4 weeks, unless otherwise instructed by your surgeon.

WHAT TO EXPECT

- There may be postoperative pain, temporary bruising, discomfort, numbness, dry breast skin, swelling and discoloration.
- May have some loss of sensation in the nipples.
- Sagging breasts can recur with the aging process, pregnancy and weight changes.
- Scars will fade in several months to a year.

APPEARANCE

- Wearing a bra helps to maintain your new appearance.
- Increased firmness.

FOLLOW-UP CARE

- Drainage tubes are removed in 2-3 days.
- Sutures are removed in 7-14 days.

WHEN TO CALL

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

For medical questions, please call:

- (909-798-9950, Monday - Friday, 8 a.m. - 5 p.m.
- After hours and on weekends for emergency calls – Dr. Punjabi @ 909-213-6183