



### Mastopexy/Breast Reduction Post-Op Instructions

- Do not drive for one week; after one week, you may drive only if you have not had any narcotic pain medication for 24 hours. Do not operate motorized equipment, make important or legal decisions, or drink alcohol for at least 7 days after the surgery. The medications you were given may cause dizziness, drowsiness, and slower reaction time. You should avoid sudden movement changes, including moving from lying to sitting up and then to standing.
- You may resume eating and drinking liquids as tolerated after discharge. Start with light meal; no greasy or heavy foods.
- Keep your incision site dry for 3 days. After this, you may shower with your back to the shower head, but do not swim/immerse incision until approved by physician if no drains. NO SHOWERING WHILE DRAINS ARE IN PLACE, SPONGE BATHE ONLY UNTIL DRAINS ARE REMOVED.
- Do not take aspirin or aspirin-containing products for three days unless approved by a physician (Examples: Motrin, Aleve, Ibuprofen, Advil). Take Tylenol or pain medication prescribed by physician for pain.
- Call if your temperature is greater than 101 degrees, you may have difficulty urinating, or your garments get soaked with drainage.
- Do not exercise for 4 to 6 weeks or until approved by physician.
- While you are on pain medicine you will tend to get constipated so take something to prevent this, including:
  - A. Colace – 100 mg twice a day
  - B. Metamucil
  - C. FiberCon
  - D. Miralax (2 capsules/day)
- Sleep propped up on pillows or in a recliner to reduce swelling for 48 hours
- Avoid bending, lifting, pushing, and pulling for 2 weeks.
- Wear bra and breast binder/band provided for 24 hours a day. Leave steri-strips intact.
- If you have drains, empty and record drain output as needed and at least every 8-12 hours. “Milk” the drain tubes as directed twice daily.
- Get up and walk around the house periodically, at least once every 1-2 hours while awake during the day.
- Begin antibiotic (Cephalexin) after food
- Hydrocodone for pain: take one tablet every 4-6 hours as needed for pain
- Zofran (ondansetron) ODT for nausea: place one tablet under the tongue every 4-6 hours as needed for nausea
- Use incentive spirometer 10 times every 2-3 hours for first 3 days

Problems rarely occur following this procedure. However, if any of the following occur;

- Temperature above 101.0 degrees
- Increased pain
- Excessive Drainage
- Increased bleeding from incision site
- Operation site redness

Please call us at 469-325-2073

I acknowledge receiving the above instructions and understand the explanation of these instructions.

Patient: \_\_\_\_\_

Escort: \_\_\_\_\_

Nurse Signature: \_\_\_\_\_

Date: \_\_\_\_\_