

### **Instructions for Care after your Breast Lift (Mastopexy)**

There are many reasons to consider breast lift surgery. A breast lift is intended to visually improve the appearance and contour of the breast. As with any surgery, some discomfort, swelling and bruising may occur.

After your surgery the following guidelines may be helpful. If you have any questions or concerns, please do not hesitate to call Dr. Lynch at 609-448-6200.

1. Following surgery you will be in a surgical bra to maintain compression. This will minimize the risk of a seroma developing, and postoperative infection. You may remove the bra daily for one hour in the morning and evening to relieve any garment pressure on your skin.
2. You may remove your surgical bra and dressings 24 hours after surgery, for one hour to assess your surgical wound and skin. You will then place the surgical bra back on. It is recommended that you wear the surgical bra/ sports bra for 24 hours a day/7 days a week for 21 days.
3. Please finish taking all of your antibiotics as prescribed. Often, eating yogurt may help with minimizing some of the gastrointestinal side effects of antibiotics. If you are prescribed narcotics for pain management, it is important to increase fruits and vegetables in your diet to minimize the side effect of constipation. It may be necessary to take a stool softener (Colace) while taking narcotics.
4. Continue to stay hydrated: drinking at least 6-8 glasses of water a day.
5. Please notify the office if you experience fever, chills, redness or unusual swelling after surgery.
6. Please avoid strenuous upper arm/ chest muscle exercises for 6 weeks after surgery. Limit lifting to no greater than 10 lbs.
7. You may have a surgical drain from each breast for a few days. Please empty these drains and record the output as instructed (see attachment)..
8. You may shower on the 3<sup>rd</sup> day after surgery. Please wear a cotton belt around your waist and pin the surgical drains to the belt while you shower.
9. About 4 weeks after surgery, you may begin to use products (vitamin E oil, Mederma, etc.) to minimize the surgical scars.
10. You will receive a prescription for a mammogram 4 months after your surgery. This mammogram will be in addition to your annual mammogram and will become your postoperative baseline.

**11. Do Not Smoke. Do not be in a room or car when anyone is smoking.**

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