

RICHMOND PLASTIC SURGEONS

DARRIN M. HUBERT, M.D., F.A.C.S.

MASTOPEXY POST-OPERATIVE INSTRUCTIONS

SUPPORT BRA: You may be in a surgical bra following the procedure. If you are not in a bra immediately following surgery, then you should wear a soft, front-fastening bra with no underwire. This should be worn at all times except when showering for the first two weeks. There may be a small amount of oozing from the incisions for the first several days. This is normal. The bra may be washed when it gets soiled. You should avoid underwire bras for one month following surgery.

DRAINS: If surgical drains are placed during the operation, you will receive a separate set of instructions for care of the drains. See "JP Drain Instruction Sheet."

ACTIVITY: Take it easy for the first several days. No cleaning, housework, or strenuous activity. Do not lift anything over 10 pounds, including children. You may resume non-vigorous activities at two weeks, then normal activities at four weeks. Be sure to wear a sports bra with good support while exercising until fully healed.

POSITIONING: Do not lie on your belly for two weeks. It is alright to lie on your side while sleeping.

BATHING: You may shower one day after surgery unless you are instructed differently by your surgeon. No tub baths or swimming for two weeks. Your incisions are usually covered with skin glue which eventually falls off on its own. The incisions may get wet in the shower, letting the water run over them, then just pat everything dry. If the skin glue has not fallen off, you may start to scrub it in the shower or peel it off at one week after surgery. If you are having spotting from any of your incisions, replace the gauze bandages or pads after each shower and as needed.

MEDICATIONS: take as directed. Do not drive while taking narcotic pain medications. Avoid aspirin for two weeks after surgery. You may take non-steroidal anti-inflammatories (e.g. ibuprofen) starting the day of surgery. Ibuprofen can be taken instead of, or in addition to, your prescription pain medication, according to the directions on the bottle.

PHARMACY: Your prescriptions were sent electronically to the following pharmacy: _____

NUMBNESS: Numbness or unusual sensations of the breasts are to be expected. It can take several weeks to months for these to resolve. Occasionally there may be persistent numbness. If your breasts become increasingly painful or tender, please call the office.

SWELLING: Mild to moderate swelling, as well as bruising, is normal after surgery and will usually resolve over a couple weeks. Excessive swelling, to the point where one side is much bigger and more obvious than the other side, is not normal, and may be a sign of bleeding underneath the skin. If excessive swelling occurs, it is usually within the first 24 hours after surgery. You should call your surgeon or the on-call doctor immediately if you experience excessive swelling.

FOLLOW-UP APPOINTMENT:

() Your appointment is scheduled for _____.

West Creek Office of Richmond Plastic Surgeons
1630 Wilkes Ridge Parkway, Suite 201
Richmond, Virginia 23233

Midlothian Office of Richmond Plastic Surgeons
14401 Sommerville Court
Midlothian, Virginia 23113

() Please call **804-285-4115** to schedule an appointment for _____.