

## KAROL A. GUTOWSKI, MD, FACS

*AESTHETIC SURGERY*

*CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY*

*MEMBER AMERICAN SOCIETY OF PLASTIC SURGEONS*

### DISCHARGE INSTRUCTIONS BREAST REDUCTION AND BREAST LIFT (MASTOPEXY)

#### MEDICATIONS

- You may resume taking your routine medications, unless your surgeon instructs you differently.
- Do not take any supplements, blood thinners or aspirin for 1 week after surgery unless instructed otherwise by your surgeon.
- You will get a prescription for narcotic pain relief medications. Please refer to the **Pain Relief Medications after Procedures** document for more information on optimal use of pain relief medications.
- You do NOT need antibiotics

#### DIET

- You should start resuming your normal diet gradually.
- Drink plenty of fluids or water (eight 8 ounce glasses a day)
- Do NOT drink alcohol for 2 days after surgery or while taking narcotics.

#### BRA & Clothing INSTRUCTIONS

- If given a surgical bra continue wearing it for 24 hours (overnight).
- You may remove the surgical bra to shower. Make sure to put the surgical back on after taking a shower.
- You may start wearing a sports bra (no underwire, opening in front) a week after surgery
- **Do NOT wear an underwire bra for 4 weeks after surgery**
- Wear loose, comfortable clothing.
- Try to choose clothes that button up or have zippers in the front for ease of dressing
- Try not to lift arms over head to put on T-shirts or sweaters for the first week.

#### ACTIVITY

- **SHOWER:** You may shower the day after surgery. Do **NOT** take a tub bath, swim, or whirlpool for 3 weeks or if there are any openings in the incision. When taking a shower, remove the bra but leave the remaining dressings in place. Let the water run over them then gently dry your breasts with a towel. There may be some minor blood oozing from the incisions.
- If you have paper tape or Steri-Strips over the incisions, do **NOT** remove them. You may still shower with them and they will be removed in the office.
- **SLEEPING:** For the first 2 to 3 days after surgery, sleep with your head and shoulders elevated as much as possible to help reduce swelling and discomfort. A recliner is a good place to sleep and rest. Use multiple pillows in bed to keep your head and chest up.
- Avoid sleeping on your sides for 2 weeks and on your abdomen for 4 weeks.
- For the first few times, you may need assistance getting into and out of the bed/chair.
- You are encouraged to **begin walking**. While sitting, alternate flexing and pointing toes several times each hour to help with circulation.
- To maintain circulation and prevent blood clots in your legs, it is important to get out of your chair or bed every hour and walk around for at least 5 minutes. You do not need to do this during your normal sleeping hours.

- **DRIVING:** You may begin driving 5 to 7 days after surgery; longer if you do not feel comfortable with your reflexes behind the wheel. Do **NOT** drive while taking narcotic medications.
- **CAUTION:** Do **NOT** do activities that bring your arms above your head for 1 week (examples: lifting items to shelves or bringing arms above head to put on shirts).
- Do **NOT** push, pull, or lift anything heavier than 10 pounds (about the weight of a gallon of milk) for 4 weeks.
- Do **NOT** do any strenuous activity or exercise/ activities (running, weight lifting, aerobics, vacuuming) for 4 weeks. After you start exercising, go slowly over 1 to 2 weeks until you are comfortable with the exercises.
- Do **NOT** engage in any sexual activity for 2 weeks; resume when completely comfortable.
- Do **NOT** drive or handle heavy machinery while taking narcotic pain medication or muscle relaxant medications.
- Do **NOT** cross your legs or sit for more than one (1) hour in the same position while awake.
- Do **NOT** travel in a cramped space (car or plane) for 10 days, if possible.

### **WHAT ELSE TO EXPECT**

- Some pain and discomfort for 3 to 4 weeks, although it should gradually get better from the first two to three 2 to 3 days.
- You may notice a small amount of drainage from the incision sites on the first one 1 to 2 days. This is normal. You may cover with gauze and secure with paper tape.
- If there are any sutures, they will be removed 1 to 2 weeks after your surgery.
- Do not be overly concerned if you notice a decreased sensation in your breast/nipples. It is important to remember that breast/nipple sensation can take up to 1 year, possibly 2, for full sensation to return.
- Surgical incisions are usually thin at first, become somewhat thick and red for up to 6 months, and then begin to fade. It usually takes at least 1 year to see improvement.

### **SCAR MANAGEMENT**

- Please refer to our Incision, Scar, and Wound Management Information document

### **ADDITIONAL INSTRUCTIONS**

- Look at your incisions once a day to note any signs of infection:
- **SIGNS of INFECTION** include:
  - Incision area becoming red and warm to the touch.
  - Drainage leaking from incision site that is cloudy or pus-like.
  - Excessive swelling. Or more swelling on one side or the other.

### **WHEN TO CALL THE SURGEON OR OFFICE**

- Fever over 100.5 for 2 readings taken 4 hours apart.
- Marked increase in redness, swelling, or pain around incision.
- Any excessive bleeding or drainage from your incisions.
- Pain is not relieved by prescription medication.
- Persistent problems with nausea or vomiting
- **CHEST PAIN** or **TROUBLE BREATHING:** CALL 911 or go to an Emergency Room