

Breast Lift (Mastopexy) Pre and Post Op Instructions

To and From Surgery

On the day of surgery, plan for someone to drive you home, we recommend that you have someone watch over you at home as well. Be sure you have read and completed the Newport Beach Surgery Center paperwork before you arrive. You can call the surgery center to get more detailed instructions. Make sure you know how to get to the surgery center so you can be on time. You should not drive for one week after surgery.

Diet

Do not eat or drink anything for eight hours before surgery. After surgery, be sure to drink enough water to prevent dehydration. After arriving home from the surgery center, avoid heavy solid foods the rest of the day.

Physical Activity

After surgery you may feel tired, sore, and may have some bruising. Be sure to get some rest until the effects of the anesthesia have worn off. If at any time you feel dizzy after surgery lie down until you feel normal again. You may engage in normal activity, but do not do anything to elevate your blood pressure for at least a week. This will cause bleeding in the area which may result in a hematoma.

What to Wear

Buy an inexpensive non-underwire bra to bring with you to the surgery center. You will not be raising your arms afterwards, so be sure to wear comfortable clothing such as a loose fitting zip-up and sweat pants to make it easier to get dressed.

You will need to wear the bra 24 hours a day for three weeks to create the best possible shape at the base of the breast. It is ok to take the bra off for bathing and washing, etc.

Medication

Discontinue taking aspirin, ibuprofen, and vitamin E one week before surgery (refer to the aspirin instruction sheet). Do not resume taking any aspirin, ibuprofen, or Alleve until 5 days after the surgery. Get your prescriptions filled a few days in advance to take after surgery. Take your antibiotics until the bottle is gone, and take your pain medication as needed. Each person experiences pain differently, but most patients experience the most pain the first day following surgery.

Wound Care & Bathing

After surgery your chest will be wrapped in an ace bandage. It is normal to have some bloody drainage appear on the sides of the bandage. The bandage can be removed in a few days. You will notice tape strips across your incision sites; Dr. Doezie will remove them at the appropriate time about a week later. Fluid usually leaks under the tape strips where your incisions are. This is normal and therefore we recommend you wear clothing after surgery that you don't mind getting soiled. As long as there are no drains or other catheters in place, you may shower three days after surgery.

At the first follow-up visit, you will notice that the breasts seem somewhat swollen; it will take at least a month before all the swelling is gone, and one to two months for the breast to drop into the correct position and round out appropriately on the bottom.

Dr. Doezie recommends using Biodermis silicone tape strips over the incisions to help minimize scarring. These strips can be ordered at www.biodermis.com. For optimal result you should wear the tape strips for 2-3 months 24 hours a day, only taking them off for bathing. Each strip should last 2-3 weeks; if it loses its stickiness, wash it with soap and water. This should restore the adhesive side of the strip.

Call Dr. Doezie or his office if any of the following occur after surgery: Excessive pain and swelling in one breast that is dramatically worse than the other side; redness, pain, and swelling in one breast; high fever (it is normal to have a low fever in the first day or two after surgery); shortness of breath; excessive bleeding.

Follow-Up Visits

You will come into our office the day after surgery for a follow up visit with Dr. Doezie. If you are on pain medication you need to have someone drive you to our office. Dr. Doezie will let you know when to make the rest of your follow-up visits, but will generally see you at regular intervals during the remainder of the healing process.

What Bring to the surgery center:

Non-Underwire bra
Photo ID
Credit Card (no personal checks)

Other Suggestions:

Paper or plastic bag for the car ride home just in case
A pillow for comfort on the way home
A bottle of water