

## **Breast Mastopexy Post-Operative Instructions**

*If you are in need of immediate assistance after hours, please go to the nearest emergency room. For general questions or need assistance that cannot wait until the next business day, you may call the answering service and they will get in contact with Dr. Rodrigues.*

1. Please fill and pick up prescriptions and follow directions as prescribed by Dr. Rodrigues.
2. First post-operative appointments are usually done between 7-10 days following surgery. Please call our office to make an appointment.
3. Watch for any active bleeding, extensive bruising, or abnormal swelling or pain, particularly if one becomes much more swollen, discolored, or painful on one side versus the other. Small differences in swelling and pain in the breasts are common. Call the office immediately if a fever, chills, fainting, or shortness of breath develop.
4. Showers are permitted 48 hours after your procedure. The top bulky bandages can be removed. Please leave the steri-strips over the incisions until your first post-operative appointment. These steri-strips may get wet in the shower, pat them dry with a towel and get back into your supportive bra. Always wash your hands before changing your dressings or touch your wounds. DO NOT immerse in bodies of water such as baths, swimming or hot tubs for 6 weeks following surgery. Bodies of water hold bacteria and can increase your risk of infection.
5. DO NOT use ice or heat on the surgical area until instructed to do so by Dr. Rodrigues. Surgical areas are desensitized from the anesthetic injected and it can cause burns, skin breakdown or skin loss.
6. No exercising, lifting, heavy exertion, heavy housework etc. for three weeks. Too much activity can cause excessive bleeding and/or swelling.
7. DO NOT hold animals or allow animals to sleep with you for two weeks following surgery.
8. Smoking causes wound healing problems. It can cause significant breakdown of the incisions and also loss of skin. It is required for your own postoperative recovery that you do not smoke for two weeks following the surgery.
9. We encourage deep breathing. Elevating the upper body may make this easier. During the first 48 hours following surgery, swelling, cracking under the skin, and asymmetry, usually will occur. These postoperative conditions will gradually disappear. Pain is usually noted over and on the side of the breast. It is common for one breast to be more painful than the other.

*Please Note: These instructions are to be followed as a general guideline. Dr. Rodrigues will discuss with you the exact instructions he wishes you to follow after your individual surgery. If you have any questions, concerns, or need clarification of instructions, please feel free to call our office.*