



BREAST LIFT (MASTOPEXY) POST-OPERATIVE INSTRUCTIONS

1. When you arrive home after surgery, rest quietly in a comfortable chair or in bed. You should walk around the house a little and use the bathroom as needed. Do not do any significant activity or exertion in the first 48 hours after surgery.
2. Eat a light diet for the first 12 hours after surgery, beginning with liquids, and advancing slowly. Drink plenty of fluids, but avoid any alcohol. No cigarettes or tobacco for 3 weeks.
3. Wear your sports bra full time for the first 6 weeks. Continue to wear a supportive bra at least half-time for an additional 6 weeks. Healing times may vary, right and left may heal at different rates, this is normal.
4. Take your medications as directed:
 - a. Antibiotics: _____ One pill every day until finished
 - b. Pain Relief: _____ 1 or 2 as needed every four hours for pain
 - c. Take a stool softener to prevent constipation and a multivitamin daily after surgery for at least 1 month.
5. You may shower 48 hours after surgery. Leave your Steri-strip tapes in place until they fall off on their own, these can get wet.
6. No strenuous lifting or exercise for at least the first two weeks. You may begin gently with lower body exercises after that. You may advance to arm and chest exercises at 6 weeks.
7. Some minimal drainage is expected on your bandages during the first day after surgery. Some pain and bruising is also expected. This should be minimal. Report increase in pain not relieved by your pain medication, swelling (especially more on one side than the other), excessive bruising, redness, fever, or flu-like symptoms. Please do not hesitate to call our office if you have any questions or concerns.
8. Your first appointment should be scheduled 7 - 10 days after your surgery. Please bring your sports bra to this appointment unless it was provided by this office. No underwire in bra or bathing suit for at least 3 months.

Post Operative Appointment _____

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