

Breast Lift Surgery**Dressing and Incision**

IF YOU HAVE FOAM TAPE UNDER THE BREASTS, DO NOT REMOVE

1. Remove thin gauze dressings only and cleanse incisions twice daily with peroxide diluted to ½ strength with water. **Stop after 5 days**
2. Apply Bacitracin ointment and dressing after each cleansing – **stop after 5 days.**
3. Sutures will be removed 10-14 days
4. Axillary sutures are self dissolving

Garment

Wear the bra given by the surgery center day and night approximately 1 week. Dr. Hobar will instruct regarding switching to a different bra.

Drains (if applicable)

Needed to collect fluid made by the body during healing which must drain to prevent complications. These are normally removed a day or two after surgery.

Activity

1. PUMP YOUR FEET 20 TIMES/HOUR. You are not allowed to be in bed during the day. Be up and moving at least once an hour during the day. This helps prevent clots.
2. Rest with your head and shoulders elevated on 2 pillows.
3. Do not sleep on your sides or stomach
4. Shower the day after surgery. **If you have foam tape, bathe only (do not get tape wet)**
5. Increase activity level gradually. Resume exercise at ½ level after 2-3 weeks
6. Drive when off pain meds for 24 hours.
7. Avoid sunlight to incision for 12 months. Use UVA and UVB protection

Meds

1. Soma is the best pain reliever. It is a muscle relaxer and will cause drowsiness
2. Use prescribed pain med. only when you have pain. Take with food. DO NOT mix with alcohol
3. DO NOT use aspirin or Advil
4. Drink 8 glasses water/day to prevent constipation due to meds and anesthesia

No Smoking for 30 days. Even second hand smoke will close capillaries, which provide essential blood supply to wounds for healing.

Warning signs

call: 972-566-7300

1. Shortness of breath
2. Rapid swelling that is more pronounced on one side and is not relieved by pain meds.
3. Pain that is not resolved with medication
4. Temp. above 101.f
5. Excessive bleeding or drainage
6. Injury to your incision sites
7. Nausea, vomiting, diarrhea
8. No bowel movement in 2 days after surgery and after trying a stool softener, or any trouble urinating

Post op appointments: day 1-7 possible drain removal (nurse only)
day 10 and 14 Post op exam and suture removal
day 25 (approx) Begin silicone scar treatment

Diet: Begin with clear liquids and soft foods to prevent nausea. Graduate to normal as tolerated