

**NADIA P. BLANCHET, M.D.**  
**804-320-8545**

**DISCHARGE INSTRUCTIONS AFTER 'T' MASTOPEXY**

- You have steri-strips on your incisions. Do not remove them because it may tear your skin. Leave them on until they are dangling by a thread.
- Please wear your surgical bra post-operatively night and day for about 3-4 weeks. This helps to protect your incisions and keep your dressings on if they are needed without the use of tape.
- You may keep dry gauze on your incisions as long as there is any leakage from them. When they become dry for a period of 24 hours, you can wear the surgical bra without any dressings unless they make you feel more comfortable.
- You may shower 48 hours after your surgery. The stitches can get wet. Just pat them dry.
- If you have a drain, you will be sent home with a separate drain instruction sheet. Please do not shower until your drains are removed.
- From week 3 to 3 months, your scars will be at their worst. They may be red, raised and itchy. Over time, the scars become flatter, whiter and less noticeable. Your scars actually continue to improve on a yearly basis after the surgery.
- Please do not apply any creams or lotions to incisions until cleared by the doctor.
- Please do not take any pain medication on an empty stomach as this can cause dizziness and nausea. In addition, be aware all pain medications can cause constipation. The use of over-the-counter laxatives or stool softeners (Colace) is recommended post-op while taking prescription pain medicines.
- **DO NOT** use a heating pad on any surgical area until cleared by Dr. Blanchet. The skin is very delicate, and your sensation is altered in these areas. You can develop a burn with permanent scarring from a simple heating pad.

- Please call the office immediately if your breast skin starts to turn warm, red, tender or otherwise shows signs of infection.
- Please avoid aspirin-related substances or any of the medications listed on your pre-op sheet for 2 weeks after your surgery as this will increase your risk of bruising and poor healing.
- Do not do any strenuous arm exercises for 4-6 weeks after your surgery. You may do limited lower body exercises when you feel up to it (e.g. walking, treadmill, stairmaster), but no lower body exercise that tends to make your upper body bounce (e.g. jogging, aerobics). Please wait a full 2 weeks before any strenuous exercises as you could bleed. The best way for you to heal faster and feel better sooner is to walk every day as soon as you can. You can rest afterwards, but walking will keep you from losing muscle mass, prevent clots in your legs and bring your energy level back sooner. I will restrict you from aerobic exercise, but walking is advised.
- **Smokers heal poorly in terms of infection and wound breakdown, and you are advised not to smoke for at least 1 month before and after the surgery.**

Please feel comfortable to call our office if you have any concerns or questions. After hours or on weekends, you can reach the doctor by calling 320-8545. **IN A TRUE EMERGENCY, CALL 911 IMMEDIATELY.**

