

NADIA P. BLANCHET, M.D.

804-320-8545

DISCHARGE INSTRUCTIONS AFTER PERIAREOLAR MASTOPEXY

- You may shower 48 hours after your surgery. The stitches can get wet. Just pat them dry.
- You have dermabond glue. Please leave this alone. Do not apply any creams or lotions to your incision until cleared by the doctor.
- You may drive when you are no longer taking pain medication and feel comfortable enough to do so.
- 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.
- Please call the office immediately if your breast skin starts to turn warm, red, tender or otherwise shows signs of infection.
- **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 do not take any pain medication on an empty stomach as this can cause dizziness and nausea. In addition to this, 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.
- Please avoid aspirin 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.

- You may find when you get home that you have gained weight after surgery. This is simply from IV fluid and resolves in about 2 weeks.
- Please wear the post-op surgical bra at all times for several weeks after discharge. You may switch into your own bra after 2 to 3 weeks or when there is no longer any drainage from your incisions.
- **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.**