

DISCHARGE INSTRUCTIONS AFTER 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 buy Scar tape from Amazon.com to replace Steri-strips when they fall off.
- If you have an ace wrap, leave this on until your first post-op visit unless otherwise directed. You may shower after we have removed it. If you don't have an ace wrap or band, you may shower 48 hours after surgery. The stitches can get wet. Just pat them dry.
- 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 switch to your own bra after 2-3 weeks.
- 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. A panty liner also works well.
- If you have a drain, you will be sent home with a separate instruction sheet. Please do not shower for 3 days if you have drains.
- From week 3 to 6 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 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 try to minimize your intake of narcotics, as they are nauseating, constipating, and addictive.
- Please have over-the-counter laxatives at home in case they are needed.
- Please do not take any medication on an empty stomach.
- 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.
- You may drive when you are no longer taking narcotics and feel comfortable enough to do so.
- Please call the office immediately if your breast skin starts to turn warm, red, tender, or otherwise show signs of infection.

- Please avoid ASPIRIN, IBUPROFEN, 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 2-3 weeks after your surgery. You may do limited lower body exercises when you feel up to it (e.g., walking, slow treadmill, slow 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, vape, or use nicotine replacements for 6 weeks prior to and after your surgery. Nicotine screening may be necessary the day of surgery. **IF THE TEST IS POSITIVE, YOUR SURGERY WILL BE CANCELLED.**
- Both Covid and the Covid vaccine have an unusual complication: sudden onset of breast encapsulation. Please take Advil or Motrin, or any other anti-inflammatories, and Singulair for three days before the vaccine and for a week after Covid or the Covid vaccine.
- **WE REQUEST THAT YOU PICK UP YOUR MEDICATIONS IN ADVANCE OF YOUR SURGERY DATE; ADDITIONALLY, IT IS IMPORTANT THAT YOU REVIEW THE MEDICATIONS AND DISCHARGE INSTRUCTIONS WITH YOUR CAREGIVER.**

PLEASE FEEL FREE TO EMAIL DR. BLANCHET IF YOU HAVE ANY QUESTIONS OR CONCERNS. IF YOUR CONCERN IS URGENT, PLEASE CALL THE OFFICE (804) 320-8545. IN A TRUE EMERGENCY, CALL 911 IMMEDIATELY.

PATIENT'S NAME

DATE

CAREGIVER'S NAME

DATE