

Elevate Plastic Surgery

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Mastopexy Post-operative Care Instructions

- **Bandages:**
 - Leave all bandages on for at least 3 days following surgery. After 3 days, you may remove your tensor bandage wrap and the padding. Do not remove any of the sticky dressings attached to your skin. These can get wet in the shower.
- **Bathing:**
 - In 72 hours, you may shower. No bath. Do not scrub or wash breasts – it is ok for the dressing to get wet, pat breasts dry after showering and put on your surgical bra.
- **Surgical bra**
 - A supportive bra with no underwire that closes in the front is to be worn 24/7 for 6 weeks after surgery
 - Please make sure you bring a surgical bra to your first post-operative appointment if your compression wrap is still on.
- **Activity:**
 - Sleep with the head of the bed elevated (prop pillows for elevation) for the first few days to minimize swelling and pain.
 - No heavy lifting, pushing, pulling, rigorous exercise for 4 weeks
 - You may remove your compression stockings the day after surgery if you are up and walking around.
- **Pain control:**
 - Keep on top of your pain by taking acetaminophen extra strength (1g every 6 hours) regularly for the first few days after surgery.
 - Take the prescribed narcotic only for breakthrough pain.
- **Scar management:**
 - Please wait until 3 weeks post-surgery before beginning scar treatment.

- At 3 weeks post-op, place a dab of Vaseline (or any moisturizing cream or silicone gel) on the scar and apply firm pressure back and forth along the scar until it blanches.
- Please do the scar massage for a minimum of 10 minutes, 3 times daily.
- Silicone gel sheets (e.g. Cicacare) or scar gel (eg. Cytoderma Advanced Scar Gel) may be placed on the scar itself.
- **Lymphatic Drainage Massage:**
 - Lymphatic drainage (LD) massage can be very helpful to aid in decreasing swelling, improving contour and decreasing pain. It is recommended to have 1-2 sessions/week for 4-6 weeks postop Please arrange for an LD massage within 1 week postop if you are able.
- **Follow-ups:**
 - Appointments will be 1 week post-op, 4 weeks post-op, 3-4 months post-op.

*****If you notice a significant increase in the size in one of your breasts after surgery, with associated bruising and pain, you may have a breast hematoma. Call the office immediately or go to NYGH Emergency Department to be assessed.***

*****If you develop increased redness/swelling/pain around your breast, fever or chills, please go to your nearest Emergency Department for an assessment.***