

Mastopexy

Postoperative Instructions

DIET

You may eat a normal diet. However, start with clear liquids and bland foods such as toast or crackers and advance to more normal food as tolerated.

ACTIVITY

No heavy lifting (more than 15 pounds) for 4 weeks.

No strenuous activity for 4 weeks.

Do not sleep on your stomach for 4 weeks.

WOUND CARE

Your bra needs to be worn 24 hours a day for at least 4 weeks after surgery (except for showering). No underwire bras for 6 weeks.

Leave your dressings in place until your first postoperative visit.

Your sutures will dissolve. However, suture strands at the ends of the incisions may be present. They can be trimmed at your postoperative visit.

You may shower after your first postoperative visit. The incisions can get wet; gently pat with towel to dry.

Redress all incisions once daily for 10 days with dry gauze.

MEDICATIONS

If your doctor prescribes medications then fill them prior to surgery. If no medications were prescribed they will be administered to you after surgery before you leave the hospital/surgery center.

When you arrive to the surgical facility you will be given pain and other preoperative medications prior to surgery. Take the pain medicine as prescribed if you are in pain. For the first 24 to 48 hours you will be more comfortable if the medicine is taken on a regular schedule rather than waiting long periods between doses. Pain medications prescribed work differently to control your pain. They can be “stacked” taken at different times to control your pain better.

WHAT TO REPORT TO YOUR DOCTOR

- Unusual or severe pain unrelieved by your medication.
- Excessive bleeding or continued bleeding not decreasing over time
- Excessive swelling and or redness of the surgery site
- Persistent vomiting, shortness of breath, severe leg swelling and pain
- Discomfort from a full bladder or have not urinated in 8 hours
- Temperature over 101° F

FOLLOW-UP APPOINTMENT

Your follow-up appointment with Dr. Mark Leyngold is scheduled for_____.

If any problems, concerns or questions, please CALL THE OFFICE at (208)900-4673. If you feel your symptoms are an emergency, go to the Emergency Room closest to you or call 911.

A GUIDE TO YOUR PRESCRIPTION MEDICATIONS

Medications after surgery: Take as directed:

Prescription:

CELEBREX (Celecoxib) 200mg: One tab by mouth two times daily.

NEURONTIN (Gabapentin) 300mg: One tab by mouth three times daily.

ZOFRAN 4 mg. Take 1tab by mouth every 8 hours as needed for pain

Over the Counter:

TYLENOL (Acetaminophen) 1000mg: 1000mg by mouth every eight hours.

IF pain is uncontrolled with the above medication:

Prescription:

OXYCODONE: 5mg: One tab by mouth every 6-8 hours as needed for breakthrough pain.