
General Information for Breast Lift/Mastopexy Patients

Please read the following information carefully

Information before your surgery...

The night before your surgery, please do not have anything to eat or drink after midnight. This includes water, candy, and mints.

The office or hospital will call you the day before your surgery to confirm your arrival time.

It is recommended that all patients wear loose, comfortable clothing on the day of surgery. **A top that buttons or zips up in the front is ideal**, as you should avoid raising your arms over your head in the recovery room after your surgery. Please do not wear any make-up, contact lenses or jewelry.

We recommend for our patients to **quit smoking** as soon as possible. Please do not smoke **2 weeks** before and after your surgery, as this may cause complications with your healing process.

Regular prescription medicine can be taken as usual. If you need to take something on the day of your surgery, please use a minimal sip of water.

Aspirin (ASA) and other anti-inflammatory medication

The following medications should be stopped 7 days before surgery, as they can cause excessive bleeding and bruising during and after your surgery. Please consult Dr. Seal when you should restart the medication post-operatively:

- Aspirin (ASA). **Please discuss this with Dr. Seal.**
- Non-steroidal anti-inflammatory medication such as Ibuprofen (Advil), Naproxen and others.
- Anti-coagulants and blood thinners (Warfarin/Coumadin). **Please discuss this with Dr. Seal.**
- Herbal medications - Check with your doctor.
- Vitamin E

Recreational drugs or alcohol should not be used 24 hours before and after your surgery. These can interact with your anaesthetic and/or post-operative pain medication and cause serious complications.

You will need to have a responsible adult accompany you to and from the hospital. There should also be someone who can **stay with you for the first 24 hours after your surgery**. If you do not have someone to do this, please let the office know and arrangements can be made to hire a nursing escort. If you are traveling to Vancouver, please make arrangements to stay within the lower mainland overnight after your surgery.

Many patients feel well after their first week of recovery. It is recommended, however, to arrange **2 weeks off from work**, or any other **significant commitments**, to help with a longer recovery if needed.

You will **not be able** to do any **heavy lifting** or **overhead reaching activities** for **4 weeks** after surgery.

Information after your surgery...

1. You will be given a prescription for medication to make you more comfortable after your surgery. **Take the medication as it is prescribed**. During the first 2-3 days, do not wait to feel any discomfort, and plan to take the medication regularly. At night, take the medication **before you go to sleep**, and consider setting an alarm to take your scheduled dose during the night. This will help with your pain control in the morning. You should refrain from driving while taking these medications.
2. The anaesthetic and post-operative medications can occasionally have some common side-effects, such as, **nausea** and **constipation**. **Over-the-counter medications can minimize** these side effects and are available at your local pharmacy. An option for nausea is **Gravol**, and for constipation, **Colase**. A pharmacist can help you with these if you have questions.
3. You will have surgical tape called **Steri-Strips** on all of your incisions, as well as, **covering dressings**. Your **first dressing change** will be done **in the office** during your follow-up visit. You can sponge bath after your surgery and start **showering** after **5 days**. Please leave the Steri-Strips in place and they will gradually fall off on their own. After showering a hairdryer can be useful to help dry the Steri Strips. Make sure the water is only **Luke-warm** to avoid overheating.
4. All of your **sutures** are **dissolvable** and will not need to be removed.

5. After your surgery, you will be able to move around as much as you feel comfortable. We **encourage** you to **walk gently in your home that evening**. As well, you can do some gentle motion with your arms below your shoulders.
6. **Sleeping** on your **back** with **pillows** to **elevate** your head, neck and chest is recommended for the recovery period and **comfort**. You should **not sleep** on your **side**, or **front**, for **3 months**.
7. Many patients find starting with clear fluids and simple, soft foods to be the most gentle on their stomach over the first 12-24 hours after their surgery.
8. You may apply **ice** on top of the garments for **15 minutes every few hours** during the first few days following surgery.
9. After your surgery, you will be provided with some **comfortable garments** to help you through the recovery period. These should be **worn at all times**, **other than in the shower**, for the first **4 weeks**. This **includes** when you are **sleeping**. You may have a **tensor bandage** applied loosely for the **first 1-2 days** after your surgery. This will be removed at your first follow-up visit.
10. After **4 weeks** you will be able to start wearing an **underwire bra** if desired. A **comfortable bra** should be worn at **all times** for the **first 3 months** after your surgery.
11. You will be **unable** to perform any **heavy lifting** or **strenuous exercise** or **activities** for **4 weeks** following your surgery. This will be reviewed with you during your follow-up visits.
12. Your follow-up appointments will be provided to you by the office.
13. After you leave the hospital, there are a few things to watch during your healing process. If you see any of the following, **please call Dr.Seal**, or St. Paul's hospital at 604-682-2344 and ask to speak to the plastic surgeon on call:
 - **Leg swelling**
 - **Shortness of breath**
 - **Redness around your incisions**
 - **Increase pain in your breasts**
 - **Increased pain around your incisions**
 - **Increased or excessive swelling and/or firmness, especially if this occurs in one breast**

If you have any questions during your post-operative course, please do not hesitate to contact Dr. Seal, or our office.