

University of Virginia Plastic Surgery Post-Operative Instructions for Mastopexy (Breast lift) and Breast Reduction

The following instructions are general guidelines to promote a safe and uneventful recovery from your surgery.

Activity Limitations:

- Avoid vigorous activities involving lifting, extensive movement of the arms, or extending the arms above the shoulders for the first 1-2 weeks.
- Do not sleep on your stomach or side for 2 weeks after surgery or until instructed by University of Virginia Plastic Surgery
- Regular aerobic exercise and vigorous activity are not allowed the first three to four weeks to decrease risk of bleeding, swelling, and bruising. Walking is ok immediately after surgery.
- Avoid weightlifting and contact sports until 6 weeks postoperatively.
- You will be able to return to work in 3-10 days. If you work at a job which requires you to do heavy lifting; you may not lift more than 10 pounds the first 2-4 weeks.

Bathing and Incision Care:

- You may shower after 48 hours but do not bathe in a tub for 10 days.
- Keep your operative bra and outer dressing on unless specifically instructed otherwise. These may be removed 48 hours post-op to permit showering, but otherwise should be worn day and night for at least the first week. After 1-2 weeks or when comfort permits, a sports bra should be worn night and day for the first month. A standard bra, including Under-wire, is usually appropriate 4-6 weeks following surgery.
- Your sutures will dissolve.
- After four weeks, you may begin using Eucerin cream, Silagen with SPF or Vitamin E cream to massage your scars. University of Virginia Plastic Surgery will discuss this with you during your early recovery process.
- Avoid sun exposure and tanning booths to your scars for at least six months. Sunlight can permanently affect the skin's pigmentation, causing scar to turn dark. Wear sunblock if you know you will be unable to avoid the sun.

Pain/Medications:

- You will feel moderate discomfort and temporary pain for a few days following your surgery. This can easily be controlled with medications prescribed by University of Virginia Plastic Surgery.
- Do not take Aspirin, Ibuprofen or aspirin containing substances for the week after your surgery.
- A moderate amount of pain is normal. The breast size should appear fairly symmetrical.

Postoperative Appointment Information:

- If your first postoperative appointment was not made at the time of your preoperative appointment University of Virginia Plastic Surgery would typically like to see you back for your first postoperative visit one to two weeks after your surgery. This date will be given to you before your discharge from the recovery room. If an appointment is not made at your preoperative appointment or in the recovery room, please call the office the day after your surgery to schedule that appointment.

Notify your physician or After Hours Advice for any of the following:

- Call the doctor immediately for severe one sided swelling and pain, which may indicate fluid collection on that side.
- Some bleeding through the incision is normal including some bloody drainage that might soak through your bra. You may reinforce your dressings with simple gauze. If bleeding becomes excessive, please contact our office.
- Any signs of infection; fever (greater than 101 F), significant redness around incisions or on the breast.
- Fluid in the drain tube (if used) or from incisions that is thick, white or yellow, or foul smelling.
- Breast that is hot to the touch.

For life threatening issues or concerns dial 911.