

University of Virginia Plastic Surgery Post-Operative Instructions for Male to Female Top Surgery

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

Activity Limitations:

- No lifting over 10 pounds for the next 2 weeks.
- Do not take Aspirin, Motrin, Aleve or Ibuprofen or other blood thinning agents until you are instructed it is safe by your plastic surgeon.
- No sports activity or heavy lifting/heavy physical activity for 4-6 weeks or longer if instructed by University of Virginia Plastic Surgery.
- Avoid excessive arm movement including repetitive overhead activities.
- Do not sleep on your stomach or side for 2 weeks after surgery.
- Avoid driving until you are no longer taking pain medications. This is typically for 5 days after your surgery or as specified by your plastic surgeon.
- It is not uncommon to hear or feel “crackling” type sounds or “gurgling” sensations for the first few days after your surgery; this will resolve

Bathing and Incision Care:

- You may remove your operative bra and outer bandages 48 hours after the procedure, but leave your surgical skin tapes in place. You may trim the edges as they peel back.
- You may shower after you remove your dressings and then dab (do not rub) your breasts dry.
- After showering replace your operative bra and wear day and night for 2 weeks
- Your plastic surgeon will likely allow you to change into a light sports type bra after two weeks and likely continue for up to six weeks after surgery.

Pain/ Medications:

- You will likely feel moderate discomfort and pain for a few days following your surgery. It is very common for one side to hurt more than the other side.
- Additionally, some patients experience pain around the side of their chest typically on one side which if happens will resolve and may be related to nerve irritation
- This can be controlled with pain medications prescribed by your plastic surgeon.
- Apply ice packs to the operative area every hour, 20 minutes on and 20 minutes off for 24-48 hours after your procedure.
- Prescription pain medication may be constipating. To help avoid constipation increase your intake of fluids and fibers. You may use stool softeners as necessary. Any Senna derivative such as Senokot.

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:

- Any signs of infection; fever (greater than 101° F), significant redness around incisions or on the breast.
- Fluid in the drain tube that is thick, white or yellow, or foul smelling.
- Breast that is hot to the touch.
- One breast becomes significantly larger, more swollen or significantly more painful than the other

For life threatening issues or concerns dial 911.