



POST OPERATIVE INSTRUCTIONS - MASTOPEXY

Patient Name: _____ **Date of Post-Op:** _____

Medications:

Be sure to take all antibiotics as directed until your prescription finishes. Take your pain medicine as needed for discomfort. Do not take any pain medicine on an empty stomach and avoid the use of Tylenol while taking your narcotics. Do not take any other anti-inflammatory medications (Aspirin, Advil, Ibuprofen) unless otherwise directed by your doctor. Avoid Vitamin E, Herbal meds or teas, Fish Oil & Alcohol. An over-the-counter stool softener (Colace or Miralax) is recommended if you are taking prescription narcotic pain medication since they may cause constipation.

Dressing – Shower – Bath:

You may shower 2 days after surgery. Use the Hibiclens's soap to wash your incision until the bottle is empty. Re-apply a clean gauze dressing after showering. No hot tubs, swimming or bathtubs until wounds have completely healed.

Diet:

You will start with a clear liquid diet and then progress to your regular diet if you experience no nausea.

Activity – Exercising:

Slow walking is allowed anytime. Brisk walking may be resumed in 3 weeks after surgery. No strenuous exercise (aerobics, jogging) is allowed 4 to 6 weeks after surgery. No heavy lifting (greater than 5 lbs) is permitted for 4 weeks after surgery. You may drive a car 10 – 14 days after surgery if you are no longer taking narcotics. Do NOT drive a car for 7-10 days after surgery or until off all narcotic pain medication. **NO TRAVEL FOR 2 WEEKS POSTOPERATIVELY!!! Make plans accordingly.**

Return to Work:

If you have a “desk job” you may return to work 2 weeks after surgery. If your job requires strenuous activity or lifting of heavy weight, you may return to work 3 to 4 weeks after surgery.

Sutures:

Most of your sutures are internal and will absorb on their own. You may have a few sutures that will need to be removed at the first visit after surgery. Watch for symptoms of **Cellulitis** (warm, red, unusual swelling, tender skin to the touch). Call the office immediately if you do.

Drain Care:

Strip Drain Tubes 3 times per day. When emptying drain bulb, empty the contents 3 times a day and record the amount. Watch for symptoms of cellulitis.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE
DURING REGULAR BUSINESS HOURS, M-F 9-4:30 PM • (502) 589-5544**

FACIAL COSMETIC SURGERY • THE REFRESH LIFT™ • BREAST AUGMENTATION & LIFT • BODY SCULPTING & LIPOSUCTION • TUMMY TUCK

DERMAL FILLERS & INJECTABLES • AESTHETIC SERVICES • BODYTITE • FACETITE • MORPHEUS • CLINICAL GRADE SKINCARE

2950 TERRA CROSSING BOULEVARD • LOUISVILLE, KY 40245 • 502-589-5544 • 502-561-0040 FAX • WWW.DIGENIS.COM