

POST OPERATIVE APPOINTMENT IS SCHEDULED FOR

If you need to schedule or reschedule please contact Sunny at 501-224-1859

POST OPERATIVE INSTRUCTION MASTOPEXY (BREAST LIFT) OR BREAST REDUCTION

1. While resting, keep your head and shoulders elevated on at least 2 pillows for the first 24 hours.
2. You may get up and go to the bathroom or other rooms in house, you may need assistance.
3. Deep breathing and cough is very important. Even though it may be tender, cough and deep breath several times while awake.
4. A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet when tolerating the above foods.
5. If you have pain or discomfort, take the pain medication every 3-4 hours. It is best to take pain medication with crackers, jello, etc. If you have no pain, do not take the medication. Alcohol and pain medication should not be taken together.
6. For the first 48 hours keep your arm movements to a minimum. Your arms should not be used to support your body or to lift anything heavy.
7. The incision lines are normally covered with steri-strips (white strips) these are to stay on until your post operative visit. They may get wet in the shower. After the shower pat dry. If you notice they are peeling up or an odor please contact office before removal. If you do not have the steri-strips, the incisions are to be cleaned twice a day with half strength hydrogen peroxide (dilute with tap water). Apply Polysporin ointment and a dressing after cleansing for three days. After three days soap and water are fine.
8. You may shower the day after surgery.
9. You need to wear a sports bra or the surgical bra day and night until you return for your post operative visit.

Additional information is in the Pre-Operative Packet given at the time of Consult!

If any questions or concerns arise PLEASE call Dr. Love's office at 501-224-1859.