



## **AUGMENTATION MAMMOPLASTY WITH MASTOPEXY**

**OFFICE # 812.981.4724**

- Activity:** **Do not do any of the following activity for at least 3 weeks:**
- Bending from the waist. (stoop instead)
  - Heavy lifting over 5 lbs.
  - Aerobic exercise or jogging
  - Repetitive arm movements (i.e. tennis, swimming, vacuuming, dusting, folding clothes)
  - Any vigorous upper body movements
- Diet:** Return to a normal diet. Do not drink alcohol for 24 hours after surgery or while taking pain medication or antibiotics.
- Driving:** You may drive a car in 4-5 days.                   **Work:** You may return to work in 5-7 days
- Medications:** Take all medication as instructed. Only Tylenol products or pain medication should be taken for pain. Please ask your doctor about resuming medication(s) that you take daily.
- Bras:** You will wear a bandeau (single strap) or sports bra 24 hours a day after surgery (except for showering). You may wear an under-wire or regular bra when the incisions and breasts are completely healed (generally 4-6 weeks after surgery).
- Bathing:** You may begin showering the day after surgery but be careful to not let the water beat directly on your breast. Turn your back to the water and let the water gently run over your breast. Gently pat dry.
- Dressings:** You will have steri-strip tape over the incisions and a sticky saran wrap over that. **DO NOT REMOVE THIS.** Do make sure you take off your bra and pads each day and check breast for any redness or bruising. If these changes occur, please call 812-981-4724.
- Sun Care:** A good sunblock should always be used to protect your skin from sun damage. In addition, particular care should be taken with the sun as long as you have bruising, as permanent discoloration could result with sun exposure.
- Supplies:** ABD or combine dressing (optional) or large kotex pads
- Call Physician For:** Change in color in surgical area  
Fever  
Pain that is not relieved  
Drainage of operative area