

Mastopexy (Breast Lift) Post-Operative Instructions

What are my post-operative instructions?

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest and follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

What should my activity level be?

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Do not drive car for 3 weeks; after 3 weeks, only drive car with automatic shift and power steering.
- Do not drive until you have full range of motion with your arms.
- Limit use of arms and over the head activity until seen at your 1st postoperative visit
- No heavy lifting greater than 5 pounds for 4 weeks.
- Avoid strenuous exercise and activities for 6 weeks.
- Employment activities can be resumed in 4 weeks (this will vary depending on your type of work).

How do I take care of my incision?

- If drainage tubes have been placed, you may shower 48 hours after removal. Please review our post-operative drain instructions.
- Keep incisions clean and inspect daily for signs of infection.
- No tub soaking while sutures or drains are in place.
- Leave dressing on for length of time prescribed by your surgeon.
- If your incision was closed with steri-strips, they will generally start to fall off in ~10-14 days. You may trim loose ends, but do not remove adherent strips.
- If your incision was closed with skin glue, it will slowly flake off over the first couple of weeks.
- Wear your surgical bra 24/7 for 6 weeks post op (your surgeon may modify these instructions).
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).

How should I expect to look and feel?

- There may be postoperative pain, temporary bruising, discomfort, numbness, dry breast skin, swelling and discoloration.
- May be some loss of sensation in the nipples.
- Scars will fade in several months to a year.
- Wearing a bra helps to maintain your new appearance.
- You can expect increased firmness.

What follow-up care should I expect?

- Drainage tubes are removed when the 24 hour output is less than 30 ml x 2 days
- Sutures are removed in 7-14 days.

When should I call my doctor?

- If you have increased swelling or bruising.
- If swelling and redness persist for a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting or constipation.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you develop increased pain in your calves, shortness of breath, or chest pain.
- If you develop any symptoms of concern

Who should I call if I have questions?

- **Clinic Phone (734) 998-6022**

For questions and prescription refills please contact our clinic at during office hours (Monday - Friday, 8 a.m. - 4:30 p.m.)

- **Hospital Paging (734) 936-6267**

After hours and on weekends, call and ask for the Plastic Surgeon on call.

How do I manage my pain?

Pre-operative Instructions:

- Prior to your surgery, pain medication will be prescribed by your Primary care physician or referring physician.
- If you **do not** have an established Primary care physician, please call the Physician referral service at **1-800-211-8181**.
- To establish yourself with a primary care physician **prior** to your surgery, please schedule an appointment with the new primary care physician.

Post-operative Instructions:

- After having surgery, it is expected you will experience some pain even with pain medication. This is a normal part of recovery.
- You will be provided a prescription for pain medicine that will last until your first return post-op visit.
- At your first post-op visit, your pain will be evaluated. The surgical team will manage your pain for the acute recovery phase.
- Acute pain management for major surgery is typically 6 to 12 weeks.
- Acute pain management for minor procedures is typically 7-10 days.
- You may not drive while you are taking narcotic pain medication or otherwise instructed by your surgical team.

Managing Prescription Refills:

- Please call the clinic at **734-998-6022** for medication refills.
- You may also contact us using the Patient Portal at <https://www.myuofmhealth.org>.
- Messages received after hours or on the weekend will be processed the next business day.
- Please allow 24 hours or one business day to have your request reviewed by your surgical team.

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