

## **Premier Plastic Surgery Group of Utah**

### **BREAST UPLIFT SURGERY POSTOPERATIVE INSTRUCTIONS**

**PLEASE NOTE: THESE INSTRUCTIONS ARE TO BE FOLLOWED AS A GENERAL GUIDELINE. THE DOCTOR WILL DISCUSS WITH YOU THE EXACT INSTRUCTIONS HE WISHES YOU TO FOLLOW AFTER YOUR INDIVIDUAL SURGERY. IF YOU HAVE ANY QUESTIONS, PROBLEMS, WORRIES, OR WANT CLARIFICATION OF INSTRUCTIONS, PLEASE FEEL FREE TO CALL THE OFFICE (571-2020). THE OFFICE IS OPEN FROM 9:00 AM TO 5:00 PM MONDAY THROUGH FRIDAY. FOR ANY AFTER HOURS CONCERNS, PLEASE CALL THE OFFICE AND ASK THE ANSWERING SERVICE TO CONTACT THE DOCTOR.**

- 1.** Fill Prescriptions. Percocet (one or two every 4-6 hours) or Lortab (one or two every 3-4 hours) as needed for pain. Phenergan, as needed for nausea (every 4-6 hours) Duricef, 500mg one two times a day for five days to guard against infection.
- 2.** Do not take any aspirin or aspirin-like drugs (Advil, Motrin, Ibuprofen, Aleve, Naprosyn, etc.) for two weeks post-op. These drugs cause bleeding. If needed, you may take Tylenol. If you have any questions, contact The Doctor.
- 3.** DO NOT apply ice packs to the chest and upper abdominal and breast area. This may constrict the blood flow and affect your healing. If you are having this procedure in conjunction with another procedure-whose indications were to ice, disregard those instructions. DO NOT apply ice to the breasts.
- 4.** The patient should leave the dressings intact until the first postoperative visit. Call The Doctor should there be any excessive drainage on any part of the bandage that concerns you.
- 5.** Sponge bathing is permitted post operatively, showers may be permitted after the dressings are removed, but The Doctor will inform you of this at your first postoperative appointment. The patient should not take a bath for at least two weeks postoperatively.
- 6.** The patient may have a regular diet postoperatively.
- 7.** Watch for any active bleeding, extensive bruising, and abnormal swelling or pain, particularly if one breast becomes much more swollen, discolored, or painful on one side versus the other. Small differences in swelling and pain are commonly seen when bilateral breast surgery is accomplished. There also tends to be moderate amounts of swelling present in the upper chest and upper abdominal area with a crackling feeling. This will disappear after a short period of time.
- 8.** It is best to keep the chest slightly elevated when sleeping to reduce swelling and it is permissible to rest on ones back and sides, but not to sleep on ones abdomen for at least two weeks postoperatively.
- 9.** No exercising, lifting, heavy exertion, heavy housework, etc., for three weeks. Too much activity can cause excessive bleeding and swelling and require surgical correction.
- 10.** It is suggested (and required) that the patient not smoke for two weeks following surgery. The drugs present in tobacco smoke can cause a decrease in the blood supply to an area causing severe wound-problems and loss of skin.
- 11.** It is necessary to wear the bra (not underwire) for at least three weeks post-operatively after which time the patient may wear the type of bra that she desires.
- 12.** You will need an appointment one day following surgery.

**PLEASE NOTE: During the 48 hours following surgery, swelling, crackling under the skin, and asymmetry can occur. These postoperative conditions will gradually disappear. Pain is noted to be more intense on one side of the breast than the other, and swelling is not always symmetrical and may be more on one breast than the other. Any large differences in swelling should be brought to the attention of The Doctor as soon as possible.**