

Michael A. Devlin, MD
General Information & Post Operative Instructions:
Mastopexy (Breast Lift) / Breast Reduction

These instructions were carefully written with you in mind. Take the time to read them thoroughly several times. We have found that faithful adherence to these guidelines will give you a smoother recovery. *If a question does arise, first refer back to these pages.* If you are still uncertain, please call our office at **(501) 227-8811**.

CHECK LIST

- Review “Very Important” information sheet
- Purchase front closure sports bra (no underwire)
- Antibiotic, pain medication, anti-nausea medication
- Mammogram (if requested by your surgeon)
- Lab work
- Review consent form

If you have any last minute questions, please do not hesitate to call our office prior to your scheduled surgery **(501) 227-8811**.

BEFORE YOUR SURGERY

1. *Preparation:* Be sure to have all medications and supplies purchased prior to surgery. These include an antibiotic, pain medication and anti-nausea medication.
2. *Testing:* Laboratory testing is required 1-2 weeks before surgery. The doctor may require a pre-operative mammogram if you have a history of a breast mass, previous breast surgery, or have a family history of breast cancer.
3. *Bra:* Your bra must be purchased in advance & brought with you to surgery. This must be a front closure sports bra without underwire. We ask that you wash your bra before wearing it for the first time.
4. *Medications:* Begin taking your antibiotic the night prior to surgery. **DO NOT** take your antibiotic the morning of surgery.
5. *Anesthesia:* **DO NOT EAT OR DRINK AFTER MIDNIGHT** the evening before your surgery. *This includes candy & gum.*
6. *Hygiene:* Bath or shower the evening before or morning of surgery. Do not use any creams or lotions on the intended surgical site the morning of surgery. Remove all jewelry.
7. *Clothing:* Please wear a front closure shirt to the surgery center on the morning of your surgery.

AFTER YOUR SURGERY

1. Restart your antibiotic medication the night of your surgery. Take the antibiotic with a light meal. Take the antibiotic as prescribed until **ALL GONE**. If you do not feel like eating, try a few crackers and a soda prior to taking your antibiotic.
2. Sleep in a semi-sitting position for 48 hours following surgery. Propped up on pillows or sleeping in a recliner are both acceptable.
3. Your first post-operative appointment will be 2-3 days after surgery.
4. You **may** have drains that are placed during your surgery. These drains relieve the fluid that accumulates after surgery and aids healing. Your drains will be removed 24 to 72 hours after surgery, when the fluid begins to turn a clear straw color and/or the amount of drainage decreases. Please contact us if the bulb rapidly refills or if you need to empty it more than three times a day.
Drain Care: Secure the bulb of the drain to your clothing or the support garment with a safety pin.

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When 50% or more of the bulb is full, empty the bulb by opening the plug at the top and pouring out the contents. Do NOT remove the bulb from the tubing. Squeeze the bulb to compress it, and put the plug back into the hole at the top to maintain the vacuum. Maintain a record of the daily (24 hour) drain output from each drain and bring it to your post-operative appointment. Please refer to the instruction: **How to Care for Your Jackson-Pratt Drains.**

5. You may take your first shower (no baths) after the dressings are removed at your first post-op visit. **DO NOT SHOWER IF DRAINS ARE IN PLACE.** Do not let the water hit the breast directly, allow it to trickle down. Clean with soap and water. After showering, pat incisions dry. Cover the incisions with nonstick dressing pads and wear supportive bra.
6. For four weeks after surgery avoid strenuous activity such as: lifting, pushing, pulling, & straining. Your doctor will advise you when you may begin light physical activity.
7. **If you should develop significant pain in one breast with significant swelling, notify our office immediately.** This significant swelling and pain could indicate bleeding. This is not an emergency, but may require some surgical treatment if it is of significant size.
8. Following surgery, your breasts will look irregular and flat on the bottom. The incisions may seem bunched up. The breast shape often takes months to develop its normal contour. Occasionally revision surgery may be required.
9. Be sure to continue monthly self-breast examinations to detect abnormalities or malignancies. If you develop a change in your breast tissue and/or lumps in your breast, please call our office to make an appointment to be examined, or you can make an appointment to be examined by your personal physician. It is imperative that you adequately evaluate breast lumps or masses. Remember current recommendations for mammograms – i.e. baseline mammogram between age 35 and 40, one every other year from ages 40-50, and annually after age 50.
10. Avoid sun exposure (this includes tanning beds) to the incision sites for 12 months. Hyperpigmentation may occur at the incision sites as a result of excessive sun exposure.

THINGS TO REMEMBER

1. Tell your radiologist prior to mammograms that you have had breast surgery.
2. Do not wear underwire bras during your post-operative recovery period (typically 6 weeks).
3. You may resume driving after 72 hours if you have no limitation of your driving ability due to pain or the use of narcotic medications.
4. You should not habitually go braless, as this can create excessive sagging or drooping of the breasts.
5. It may take six months to a year for your skin to stretch and for the breast to settle to its natural looking appearance.
6. Have regular mammograms on the schedule recommended by the American Cancer Society. Your OB-GYN or Primary Care Physician normally orders these for you at the appropriate intervals.
7. It may take a full year for the scars to fade. Dr. Devlin will follow up closely. If the scars become red, wide or thickened, an additional scar revision may be necessary.

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