

After “Mommy Makeover” Instructions Abdominoplasty, Breast Augmentation, Mastopexy

It is very important that you **do not smoke, do not wear a nicotine patch, or do not chew nicotine gum** in the first 3 weeks after surgery. Severe scarring may result from failure to observe this precaution.

Medications: (you may be given all or some of the following medications depending on your surgery)

- Pain Medication: You may take it every 4 hours as needed. Do not drive a vehicle or operate heavy machinery while using this medication.
- Anti-Nausea Medication: In the event that you experience nausea or vomiting, take this medicine. While you may not need it, it is advisable to fill the prescription just in case.
- Stool Softener: Your pain medicine can cause constipation, and excess strain and pressure can not only be unpleasant, but may hurt your incisions. Please take this while on the Pain Medication.
- Muscle Relaxant/Anti-anxiety Medication: This will help relax the muscles involved in your procedure, which will help with pain control and should help you sleep.

Although you have been given a prescription for pain medication, you may only need regular Tylenol, and should try it first. If your stomach becomes irritated or upset, stop the medication.

Do not use Ibuprofen or aspirin containing products which may increase your chances of bleeding complications.

Abdominoplasty

Surgical site care:

- Please have someone available to drive you home from the office and remain with you the first night after surgery. You do not, however, need medical care, only "TLC."
- You may remove bandages the day after your surgery.
- You may shower after your bandages are removed. Do not allow direct high pressure shower spray to hit incisions. Do not soak incisions.
- Wash incisions and drain sites once a day with soap and water.
- Leave steristrips in place. Do not remove the steristrips.
- Place new, dry gauze bandages and tape over the incisions if needed. Avoid tight clothing.
- Slight signs of blood may show on the bandages and this is normal.

Drain care:

- Empty and record drainage from drains every 12 hours. A drain will not be removed until there is less than 30ml of output from the drain in a 24 hour period.

- Call office 417-820-9340 in 5 days to report your drain output. This will determine when your follow-up appointment is scheduled.
- Your drain will be removed typically after 10 days.

Breast Augmentation

Surgical site care:

- You may remove bandages the morning after your procedure.
- After bandages are removed you may...
 - Remove gauze, shower gently and pat dry.
 - Do not allow direct high pressure shower spray to hit incisions.
 - Do not soak incisions.
 - Leave steristrips in place.
 - Wear bra 23 hours a day for one month (to support the breasts).

Mastopexy (Breast Lift)

Surgical site care:

- You may remove bandages the morning after your procedure.
- After bandages are removed you may...
 - Remove gauze, shower gently and pat dry.
 - Do not allow direct high pressure shower spray to hit incisions.
 - Do not soak incisions.
 - Leave steristrips in place.
 - Use fluffed gauze to support breasts inside bra to push them toward the middle (fluffs go along outer edge of each breast.)
 - Wear bra 23 hours a day for one month (to support the breasts).

Activities:

- You may experience some pain and discomfort for 3 to 4 weeks, although it should decrease considerably from the first 1 to 2 days.
- Exparel® a long-acting pain medication was used during your procedure. It is specifically designed to release pain medication over time and can control pain for up to 72 hours after surgery. It is normal to experience an increase in pain 2-3 days after surgery, once this medication has worn off.
- You may experience some numbness around the incision line that will diminish with time.
- Rest with your head of the bed at about 30° elevation, especially when you sleep.
- No heavy lifting for four (4) weeks. Do not push, pull or lift anything heavy (over 20lbs) for 6 weeks.
- You may ambulate the night of your procedure. Walk with assistance to the bathroom, living room, etc. starting the night of your procedure. You are not on bed rest.
- You may want to walk with the abdomen bent to relieve stress in the abdominal muscles and incisions. Avoid stretching.

- Plan your daily activities to minimize the number of times you will have to go up and down the stairs.
- Avoid strenuous activity, getting overheated or sunbathing for three weeks. Avoid blowing your nose, coughing, straining, or raising your blood pressure.
- Do not engage in sexual activity for a minimum of two weeks after surgery.

Return to Particular Activities

- 2 weeks after surgery: may begin walking
- 4 weeks after surgery: may begin light upper body weight lifting
- 6-8 weeks after surgery: may begin abdominal workouts, squats, core strengthening
- 3 months after surgery: may begin pull-ups and back bend exercise
- Slowly graduate into yoga activities (do not stretch yourself out too fast).
- Avoid quick, hard movements that could break a suture or tear the incision apart. Avoid excessive lifting that can cause increased pressure and possible bleeding.
- Avoid excessive downward pressure. Remember that your body is not used to the new weight of your breasts and we don't want the implant to move down past the incision line.

Diet:

- As tolerated, No restrictions.
- We would recommend you start resuming your normal diet gradually. Start with thin or thick liquids and advance to a general diet as tolerated.
- Drink plenty of water (eight 8-ounce glasses/day).
- Do not drink any alcoholic beverages for 3 days. Never drink alcoholic beverages while on prescribed pain medication.

Follow-up appointments: (Please call the Mercy Clinic Medical Spa at 417-820-9340 to schedule your appointment.)

- 1 week after surgery: Depending on drain output, one of your drains may be removed at this time. You will be fitted for a garment at this visit.
- 2 weeks after surgery: Depending on drain output, the other drain may be removed at this time. Your steristrips will also be removed at this time. After your steristrips are removed you may use regular moisturizer daily. Be sure to apply sunscreen to your suture lines to prevent pigmentation issues.
- 2 months after surgery: You will be instructed on scar care and breast massage at this visit.
- 6 months after surgery: Check incisions, breast implant location and for any residual swelling.
- Annually: We would love to make sure everything is going great after your procedures.

Watch for the following signs and symptoms, and notify Physician immediately if these occur:

- Fever or blistering.



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- Redness that looks like sunburn, tenderness or warmth in the area of redness.
- Sudden increase in one-sided pain.
- Swelling that is much greater on one side.
- Bruising is **NORMAL**.

Please call the Mercy Clinic Medical Spa at 417-820-9340 if you have any questions.