

**Richard J. Restifo, MD**  
Gabrielle Troisi, PA-C  
Plastic and Reconstructive Surgery

---

**MASTOPEXY**

**Preoperative Instructions:**

- Your **day/time of surgery** is \_\_\_\_\_. The location is \_\_\_\_\_. Please arrive to the facility at least one hour prior to your scheduled time.
- If you are a smoker, please stop for a minimum of 4 weeks prior to surgery. Smoking reduces circulation to the skin and will interfere with healing.
- Avoid Aspirin, Ibuprofen, Advil, Motrin, Naprosyn, Aleve, Celebrex, and Vitamin E containing products for 2 weeks prior to surgery. All of these medications have a tendency to prolong bleeding. **Tylenol is preferred for pain relief.**
- Please purchase at the pharmacy a tube of antibiotic ointment (such as Bacitracin or Neosporin), gauze sponges, a bottle of hydrogen peroxide, Q-tips, and surgical tape.
- Please also purchase a sports bra, which you will need to bring to your first postoperative visit. A sports bra with a zipper or front closure snaps is preferred if possible.
- You have received prescriptions for \_\_\_\_\_. You should have these filled **prior** to your day of surgery. You will not need to take any of them until after surgery.
- You should also have your labwork drawn at least one week prior to your surgery.
- We recommend the use of silicone sheeting for scar therapy. Mastopexy Epi-Derm sheets can be purchased online at [www.biodermis.com](http://www.biodermis.com). You will start using this or any type of scar therapy approximately 2 weeks after surgery.
- Shower with an antibacterial soap the day before your surgery.
- Have **NOTHING** to eat or drink after midnight on the night before your surgery.
- On the day of surgery, wear a large, front closure shirt and loose fitting elastic waisted pants.
- Other: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- If you have any questions, please call us at (203) 772-1444.

