



# Restifo Plastic Surgery

PLASTIC & RECONSTRUCTIVE SURGERY

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## Mastopexy Postoperative Instructions

- ◆ Please call our office at 203.772.1444 to schedule a postoperative visit if you have not already done so.
- ◆ Keep breast dressings in place until you are seen in the office. Do not get the dressings wet. Tub or sponge-bathe only. You will be able to shower after the dressings are removed.
- ◆ You have been prescribed the following medications:

\_\_\_\_\_. Take \_\_\_\_\_ tablet(s) by mouth every \_\_\_\_\_ hours as needed for **pain**.

\_\_\_\_\_. Take \_\_\_\_\_ tablet(s) by mouth every \_\_\_\_\_ hours as needed for **nausea**.

\_\_\_\_\_. Take \_\_\_\_\_ tablet(s) by mouth \_\_\_\_\_ times a day until finished. **This is your anti-biotic.**

- ◆ You may resume a regular diet as tolerated. It is important to drink plenty of fluids.
- ◆ Take Colace 100 mg two times daily in order to prevent constipation resulting from use of pain medication. This can be purchased over the counter at your local pharmacy. If you do not have a bowel movement within 2-3 days of your surgery you may take milk of magnesia.
- ◆ Avoid Aspirin, Ibuprofen, Advil, Motrin, Naprosyn, Aleve, Celebrex, Excedrin, Fish Oil and Vitamin E for one week following surgery.
- ◆ **We encourage you to walk as early as the day of surgery for at least 10 minutes every hour.** No heavy lifting > 5 pounds, pulling, or pushing for one month. . You may ride a stationary bike 2-3 weeks after surgery. No high impact aerobic exercise or upper body workout for 6 weeks.
- ◆ No driving for a **minimum** of one week if you had a mastopexy on its own; no driving for two weeks if you had mastopexy/augmentation.
- ◆ Bring a sports bra (preferably front closure) to your first postoperative visit. You will need to wear one for one month after surgery.
- ◆ We recommend the use of Tegaderm for scar therapy. This will be applied after your surgery and used for 2-3 months postop. Additional sheets can be purchased online at [www.amazon.com](http://www.amazon.com). Search for 3M Tegaderm Transparent Dressing with Label 4" x 4 3/4"
- ◆ Tegaderm will only need to be changed every 2-3 weeks.



Other:

**If you have any questions, please call us at (203) 772-1444.**

**200 South Orange Center Road, Orange, CT 06477**