

Dr. Christopher D. Taylor, M.D., Inc
F.R.C.S. {C}

Plastic Surgery

#301, 1625 Oak Bay Avenue
Victoria, B.C., V8R 1B1

www.plasticsurgeryvictoria.ca

Telephone: 595-6009
Fax: 595-4077

BREAST AUGMENTATION / MASTOPEXY POST- OPERATIVE INSTRUCTIONS

Day of surgery:

It is important that you have nothing to eat or drink after midnight the night before surgery. Shower/bath prior to leaving for the clinic and bring your post-operative bra to the hospital. Wearing a shirt that opens in the front may be easiest to put on/take off. The surgery will be performed under general anaesthetic.

Post-operatively:

Patients are generally go home the day of surgery.

The sutures are under the skin surface and will dissolve themselves. Steri-strips {thin tape across incisions} should be left in place for as long as possible {typically 10 to 14 days}. After approximately two weeks, you can start to gently peel off any remaining Steri-strips. If they fall off within the first seven days, replace them with 3M Micropore tape {available at most pharmacies}. Some research indicates that scarring is minimized by keeping incisions taped continuously for about three months postoperatively.

Dressings:

You will have a light dressing over your breasts following surgery. This may be removed at one or two days postoperatively. Your incisions may drain small amounts of blood and/or clear fluid for the first few days. Replace moist dressings with clean gauze. This dressing can be held in place with a well contoured sports bra. Do not use Vitamin E cream in the first six weeks or you may widen your scars.

Your sports bra should be worn both day and night, for the initial two weeks. The bra should then be worn daytime only for the next three weeks. Supporting your breasts with the sports bra minimizes tenderness and scarring.

Hygiene:

You may shower three days after surgery. Avoid using soap on/around sutures lines and use a soft towel to pat dry. If your scars will be exposed to sun, use of sunscreens with **SPF 30** is recommended for several weeks afterwards.

Pain:

Your breasts will be firm, swollen and bruised for a few days. Rest and avoid strenuous physical activity for the first week and this will significantly reduce bruising and bleeding. {i.e. Avoid heavy lifting, stretching and strenuous exercise}. Applying ice to your chest for the first 48 hours often reduces swelling. You can use an icepack, a wet facecloth placed in the freezer, or a bag of frozen peas or corn. Sleeping with your arms elevated on pillows minimizes tugging on incisions and may therefore, ease discomfort. Over-the-counter Ibuprofen may provide pain relief.

Scar Management:

Approximately two weeks after surgery, when incisions have healed completely, begin gently massaging scars. This may help to reduce scarring. If you have implants, you will be shown massage exercises and you should start these at one week after your surgery and continue them daily for at least three months.

If any of the following occur please notify Dr. Taylor:

- Increased pain (Particularly if on one side only)
- Increased swelling/redness
- Fever/chills
- Foul odour and/or increased drainage from incisions
- Calf pain or shortness of breath

Follow-up appointment:

A post-operative check-up should be scheduled for approximately ten days after surgery. Please call Dr. Taylor's office earlier if unexpected problems/concerns arise.

SPECIAL INSTRUCTIONS :