

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

***Plastic Surgery***

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**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. Your post-operative bra will be provided at the time of surgery by Dr. Taylor. Please wear a shirt/top that opens in the front as it will be easiest to put on/take off. The surgery will be performed under general anaesthetic.

Post-operatively:

Patients 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 post-operatively.

Dressings:

You will have a light dressing over your breasts following surgery. This may be removed at one or two days post-operatively. 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 the bra provided. Do not use Vitamin E cream in the first six weeks or you may widen your scars.

Your 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 bra minimizes tenderness and scarring. Do not wear an underwire bra for three months following surgery.

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 following surgery.

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}. Do not use your arms in any way that will engage the chest muscles for the first week. (i.e. Pushing, pulling and reaching motions.) Applying ice to your chest for the first 48 hours often reduces swelling. You can use a cloth covered 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, started the day following surgery, may increase the pain relief and will help decrease the swelling. Use your prescription as needed for adequate pain control, within the guidelines written on the bottle.

You did receive medicine for sedation therefore; you **MUST NOT** operate motor vehicles, boats, power tools or machinery for the first 24 hours. You **MUST NOT** sign or enter into any legal contracts for 24 hours.

#### 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.

**Driving:** You may drive after 7-10 days, as long as you are not taking narcotic pain medication.