



MASTOPEXY

Post Operative Advice Sheet

1. You should arrange for someone to drive you home from hospital.
2. You will experience mild to moderate discomfort after your surgery and it is recommended that you take one or two pain relieving tablets (such as Paracetamol) on a regular basis for the first week or so. **DO NOT TAKE ASPIRIN OR ANY PRODUCTS CONTAINING ASPIRIN** as this may prolong or cause bleeding in the early post operative period.
3. Your breasts will be slightly swollen and tender and there may be some bruising mild initially, though this should settle by one-two weeks to achieve your final cup size.
4. It is important to rest as much as possible for the first week after surgery.
5. I will advise you to purchase a sports bra beforehand your surgery and it is wise to wear your bra day and night for the first two weeks to support the scar lines and provide maximal comfort. After two weeks you can wear the bra in the daytime only and by six weeks you can commence wearing underwired bras.
6. You should avoid getting the wounds or dressings wet for the first week.
7. For your surgery, buried dissolvable stitches will usually be used. These normally dissolve spontaneously in the first four to eight weeks, so there are no sutures to be removed.
8. At one week post operatively, you will be seen by the nurse in the Dressing Clinic who will remove the dressing and inspect your breasts. If the wound is healing nicely at this stage you may recommence showering to include the breasts then. If the wounds are still a little moist after one week they will be redressed by the nurse and an appointment given to revisit the nurse in a further weeks time.
9. It is very important in the early period after your operation that you move around your home, setting yourself a daily walking programme and not lying in bed for protracted periods. However, you should abstain from heavy or sustained exercise from for at least three weeks. By 4 weeks post operatively you may recommence light gym work, returning to full normal activities usually by six weeks.

10. Following breast reduction people feel confident to return to driving at various time periods, but you should refrain from driving until you feel in full control of the car in an emergency situation. Until you feel confident to do this you should refrain from driving.
11. I will advise you that it is important to stop smoking prior to your operation in order to reduce the risks of complications. You should however, avoid smoking for the first two weeks post operatively.
12. Following surgery the type of job that you do determines when you can return to work. If you mainly confined to deskwork, you may feel able to return to work after a few days. More physical occupations may require 2-3 weeks of recuperation before you feel able to return to work.
13. The scars will take time to mature. By week three you should commence moisturising and massaging the scars and breasts generally with a good quality moisturiser, the aim being to soften the scar and speed up final scar maturation. The delicate scar tissue is at greater risk of sunburn if exposed to the sun, therefore, you are advised to avoid sun exposure to any scar tissue for the first six weeks of healing, after this if the area is to be exposed to sunlight you should apply sun protection factor 50 sun block to exposed scar tissue.
14. Though most people experience uneventful post operative recovery, if you develop any of the following you should contact the ward on the telephone number printed below:
 1. Temperature greater than 38.5°
 2. Severe pain not alleviated by simple painkillers
 3. Fresh bleeding from the wound
 4. Any wound discharge after 48 hours
 5. Sudden rapid enlargement of one or other breast