

# Laurence A. Kirwan FRCS Plastic Surgeon

## Mastopexy Instructions

*See General Instructions also*

### Pre-operative Instructions:

1. DO NOT TAKE ANY ASPIRIN PRODUCTS (Such as Ibuprofen or Advil) OR VITAMIN E tablets or gel caps, FOR 3 WEEKS PRIOR TO OR AFTER SURGERY. See also Do's and Don'ts. Aspirin thins the blood, causing bleeding and bruising. Tylenol or Paracetamol may be taken.
2. DO NOT SMOKE THREE WEEKS BEFORE OR AFTER SURGERY. SMOKING HAS A DIRECT EFFECT ON HEALING.
3. DO NOT DRINK ALCOHOL OR CAFFEINE FOR THREE WEEKS BEFORE OR AFTER SURGERY.
4. Shower and shampoo with *Antibacterial Soap* prior to surgery paying particular attention to the breast area. Do not apply creams of any kind or deodorant. Do not use spray deodorant at any time.
5. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF SURGERY. The only exception is medication which we instruct you to take with a sip of water.
6. Please wear a zip up top and pull up pants to the office on the day of surgery. Sweats work well. Wear flat shoes – no high heels or sandals. Do not wear makeup, jewelry or panty hose. Remove all body piercings. These guidelines are for your safety.
7. Please have your pre-operative testing results faxed to the office @ 203 853 1862 well in advance of your surgery. Alternatively, send scanned results by e-mail to drkirwan@drkirwan.com

### Post Operative Instructions

1. Your surgery will take approximately 3 hours. You will go to the recovery room until you have awakened from the anesthesia. If you are having out-patient surgery, a responsible adult (over 18) must drive you home from the surgical center and remain with you for 24 hours. You will need someone to drive you the next day for your follow - up appointment. Alternative accommodation and nursing care can be arranged if so desired.
2. You will go home with an ace bandage wrap. The ace bandage wrap will be removed the next day. You will need to purchase a soft sports bra that hooks in the back the same size or 1 size smaller than what you wear now. You will wear that for at least 2 weeks once the ace bandage is removed. Bring several sizes to try. The chest circumference may have to be one size larger to accommodate for swelling after surgery.
3. For 2 weeks after surgery, keep your arms, from the shoulder to the elbow, at your sides as much as possible. Avoid any heavy lifting or reaching above your head or behind you. Sleep on your back for 48 hours to prevent any undue pressure on your breasts. No stick-shift (manual) driving for 2 weeks. You may resume most of your normal activities within 2-3 weeks.
5. Six weeks after surgery, you may resume strenuous activities such as heavy lifting, bowling, golf, tennis, swimming, running, etc., if you can tolerate them comfortably.
6. After surgery, it will be necessary to see you in the office twice a week for 2 weeks, to change your dressings. You will not need to return to the office again until you 6 week check-up.