KIRWAN
PLASTIC SURGERY

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BREAST MASTOPEXY - PRE AND POST-OPERATIVE INSTRUCTIONS

PRE-OPERATIVE INSTRUCTIONS

1.Do not take any aspirin products or NSAIDs (such as Motrin, Advil, Aleve) or Vitamin E for 3 weeks prior to or after surgery. These medications thin the blood, causing you to bleed and bruise more. You may take Tylenol for pain. See our separate list of medications to be avoided.

2.Do not smoke for three weeks before or after surgery.

3.Do not drink alcohol for three weeks before or after surgery.

4.DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. No Exceptions.

5.Please wear a top that fastens in the front with buttons or a zip and pull-on pants on the day of surgery. Sweats work well. Wear flat, slip-on shoes - no high heels and no sandals or flip-flops.

6.Please do not wear make-up, hairspray, jewelry, panty hose, or contact lenses. Please remove all piercings including body piercings.

7.Shower and shampoo with anti-bacterial soap on your day of surgery. Do not apply body creams, lotions, oils or any kind of deodorant.

POST-OPERATIVE INSTRUCTIONS

1.Your surgery will take approximately 3 hours. You will go to the recovery room until you have recovered from 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 may go home with drains. If so, you will be instructed as to how to manage them after surgery.

3.We will instruct you on what type of surgical garment to purchase and when and how to wear it. Please bring your garment with you to the hospital.

4.After surgery, do not attempt any strenuous activity like making beds or the laundry or cleaning the house! This may raise your blood pressure and cause bleeding which may require emergency surgery.

5.Do not strain during a bowel movement! This may raise your blood pressure and cause bleeding which may require emergency surgery.

6.Do not take pain medication on an empty stomach since this may cause nausea and vomiting. Again, this may raise your blood pressure and cause bleeding which may require emergency surgery.

7.For 2 weeks after surgery, avoid lifting your arms above shoulder level or stretching. Avoid any heavy lifting or reaching above your head or behind you. Sleep on your back for one week 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.

8.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.

9.If you have any questions, please call the Connecticut office at 203-838-8844 or the New York office at 212-838-8844. If you have an emergency call 911 or go to the Emergency Room. The hospital will contact Dr. Kirwan directly.

10. **Watch carefully for excessive redness, swelling, bleeding, discharge, fever, or pain not relieved by medication. If any of these symptoms occur, please contact our office immediately.**