

## After your Breast Lift

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### Instructions and Information from Dr. Dauwe

You will be drowsy following surgery- we have given you medications to help make you more comfortable. Expect to wake and doze on and off during the evening, so make yourself comfortable when you get home. The drowsiness will disappear in the evening or overnight. The day following your surgery you will feel a bit tired, but go ahead and begin to try and resume your normal activities “walking, sitting, etc.” the day following surgery.

You may feel a bit “stiff” when you first awake in the morning following surgery, but go ahead and move around without fear of disrupting anything. All of your incisions have been carefully reinforced so that anything short of drastic athletic activity will not affect them.

It’s not unusual to have some nausea following surgery, particularly if you begin to get up and move around too quickly. All nausea will be gone 6-8 hours following surgery. Although we’ve given you nausea medications, these medications are only about 80% effective, and you may still experience a bit of nausea. If so, simply relax, and don’t try to eat any heavy foods- just try clear liquids and work your way up to solids foods.

You have been given a prescription for pain medication. Please take a pill before bed the evening of surgery (preferably after you have kept something in your stomach to avoid stomach irritation). It’s a good idea to take another pill the morning following surgery, since you may feel a bit stiff and uncomfortable when you begin to move around. If the pill disagrees with you in any way, simply try Extra-Strength Tylenol. If for any reason you are experiencing significant pain, please notify the office.

You received antibiotics in your IV prior to surgery, and you will be given a prescription for oral antibiotics for a few days following surgery. Infection following any type of plastic surgery is extremely rare. Infection is usually not apparent for several days following surgery. If you notice significantly increased redness or swelling accompanied by tenderness or fever at any time, call so that we may examine you. It is normal to experience a low grade temperature up to 101° after surgery. If your temperature elevates about 102°, please notify the office.

Your incisions will be covered with tape. Please leave this in place for two weeks. You may have gauze covering the tape after surgery- this dressing can be removed 48 hours after surgery.

For the first 2-3 days following surgery, there will be a slight amount of drainage from the incision lines onto the dressing. If any drainage continues after the dressing is removed, simply place a folded gauze pad beneath your breast inside of your bra, or if you prefer not to wear a bra, simply wear a washable sweatshirt or loose fitting garment and tape the gauze pad to the area which is draining.

It is not necessary to wear a bra following surgery. Some patients, however, find that they are more comfortable in one. You may certainly experiment with which feels best and works best for you.

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Remember that the shape of your breast will change gradually over the first 6 weeks. Please wait 3 months before getting professionally measured and fitted for new bras.

All of your “stitches” have been placed beneath the skin to avoid any marks on the skin. These will dissolve over a period of weeks, and can be completely ignored. Small strips of tape will be over your incisions. They may be stained by drainage from the incision initially, but should be left in place until they begin to come loose at the edges. You may remove them at home 2 weeks post-surgery, or we’ll be happy to remove them for you in the office.

It is very important for you to resume all of you normal activities such as raising your arms and caring for your hair as much as possible. Although you may feel some slight tightness with some arm motion, you cannot harm your breast in anyway. In fact, you will recover more rapidly if you resume normal activities. All of your incisions have been closed with multiple reinforced layers of stitches- and normal activity will not place you in any danger of affecting these closures.

Please avoid any type of aerobic exercise (which elevates your pulse rate over 100) for two weeks following surgery. You may gradually resume your exercise after two weeks, and remember to wear a good supportive “job bra” whenever you are exercising. You may resume weight lifting 3 weeks after surgery.

You may shower normally as soon as your dressing is removed. Wetting the incisions or tapes by showering will not harm the incision areas in any way. Simply pat dry the area when you have completed your shower. Do not submerge the incisions for bathing for at least 4 weeks following surgery.

As we discussed prior to surgery, you may have areas of your breast, which will have decreased sensation to touch after surgery. This is normal, and as swelling subsides and the skin nerves regrow, sensation will return.

After your tapes have been removed, you will notice that there will be a small ridge along the incision lines. These ridges are normal and necessary to achieve the best long-term scar results. They will flatten and soften over a period of time. You will also notice some redness to the incision itself. This will subside over the first few months. Please do not use any scar treatment on your incision without checking with the office first.

Remember that the degree of swelling will be different on the two sides even though we have performed the exact same surgery on both sides. Don’t worry about any differences in swelling or bruising you will see in the first three weeks after surgery.

Please call the office within 24 hours of returning home to update us on your progress and to schedule a post-operative visit.

If you have additional questions or should any problems arise, please contact the office immediately by phone at 214-821-6580