

## **PRE OPERATIVE INSTRUCTIONS FOR MASTOPEXY SURGERY**

### **ADVANCE PREPARATION FOR YOUR SURGERY:**

You will need to arrange for someone to pick you up following your surgery. Please ensure that this person is available at any time during the day to pick you up. In addition, it is advisable for someone to stay with you for one night following your surgery. This is advisable because the anaesthetic medications you have been given will make you feel drowsy and possibly nauseated.

Postoperatively, you will have to avoid strenuous activities like lifting, reaching, etc. Therefore, you need to arrange time off work for approximately 1-2 weeks.

### **PRIOR TO YOUR SURGERY:**

On the day prior to your surgery, you may eat and drink as desired until midnight. **DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT BEFORE YOUR SURGERY.**

**Aspirin and pain relievers** – Several common pain relievers including Advil affect how blood clots. There are about 24 such medicines and they are sold over the counter. Avoid products containing ASA for a period of 2 weeks before surgery and 2 weeks after. Remember that many over the counter preparations contain ASA, such as 222's, Anacin, Alka Selzer, etc. The purpose of this is to avoid the bleeding tendency which ASA causes. Tylenol does not contain any ASA and may be taken as needed.

**Herbal Medications** – check with your doctor.

**Smoking** – Avoid smoking preoperatively for 6 weeks if possible. Nicotine is a well known constrictor of blood vessels and can be the direct cause of poor healing and even death of skin or the nipple after surgery.

**Hormone replacement drugs and birth control pills** – Please discontinue taking any of these drugs one month prior to surgery. Dr. Lennox will review this with you.

**Vitamin E** – Avoid large doses of Vitamin E for 3 weeks preoperative and 2 weeks postoperative to avoid potential delayed healing.

The night before your surgery and the morning of your surgery, please have a shower and cleanse the area from your neck to your waist with Dexidin 4 (chlorhexidine-based anti bacterial soap). This can be purchased at any drug store without a prescription.

**Again, on the day prior to surgery, you may eat and drink as desired until midnight. After midnight, do not have anything to eat or drink – this includes no gum, candy or water.**

**Morning of surgery** – Remember to use Dexidin 4 on the area between your neck and waist as described above.

Do not wear any makeup to surgery. Make sure finger and toenail polish have been removed. Do not wear any jewelry or bring any money unless you are paying the anaesthetic fee on the day of your surgery. If you are paying the anaesthetic fee on the day of surgery, a separate receipt will be issued to you. The anaesthetic fee must be paid either a certified cheque, money order, bank draft or cash.

Wear loose comfortable clothing. We suggest that you wear a top that buttons or zips up the front as it will be difficult for you to raise your arms. Do not wear high heeled shoes.

When you arrive at the office, be prepared to tell the staff the name and phone number of the person who will be picking you up and taking you home. They will be contacted when it is time to pick you up. In our underground parking, access is from the back lane, they may park in stall #10 which reads Vancouver Plastic Surgery Center and come up to the 10<sup>th</sup> floor to get you.

If you have any questions or concerns, please call our office at 604-876-1300 or 604-876-6552.

**Reminder:** The day prior to your surgery, please call Dr. Lennox's office to confirm your surgical time. You are to arrive one hour prior to your surgery time.

### **AFTER SURGERY**

You may have food and beverages as desired and tolerated for the first night following surgery and anytime thereafter. We recommend, however, that you start with sips of clear fluids, progressing through soups and juices to a regular diet.

You will be given a prescription for pain killers. Use these carefully because they frequently cause nausea and constipation. Straining, such as lifting, vomiting and coughing are to be avoided as this may cause bleeding.

You may be wearing a tensor bandage after surgery, which is to remain in place for 24-48 hours. The purpose of this is to apply pressure and prevent bleeding. After 48 hours, you may remove the tensor bandage with assistance. You will find large gauze pads over the incisions and these may also be removed. Under the pads, there will be small strips of white tape. These are helping your incision stay closed and must be left in place for approximately 10-14 days postoperatively. You may shower at 48 hours taking care to gently dry yourself. Once your tensor bandage and gauze pads have been removed, you should wear a supportive, yet soft bra. We recommend something like a sports bra or an underwire bra until you are seen in the office. This must be worn in place of the tensor bandage day and night. The bra should hold the breasts where they sit – not a push up type bra.

You must avoid strenuous activities, exercise and any type of physical activity that raises your blood pressure or pulse rate immediately postoperatively, in order to prevent bleeding. Please call Dr. Lennox's office to arrange a follow up appointment in roughly 7-10 days. At that appointment, increase in your activity level will be reviewed.

**What you can expect:**

Moderate discomfort of the breasts, which should gradually improve. If pain begins to increase, we need to see you.

While wearing the tensor wrap, deep breathing may hurt. This will improve when you switch to a bra. If swelling is getting worse on one side and this is associated with pain, please notify Dr. Lennox's office immediately at 604-876-1300.

Your sutures are dissolving and do not need to be removed.

If you have any questions or concerns, please do not hesitate to contact Dr. Lennox's office at 604-876-1300.