



**Avron Lipschitz MD**

NATURAL RESULTS, ADVANCED TECHNIQUES, EXCEPTIONAL CARE

### **You'll need help**

If your breast lift is performed on an outpatient basis, be sure to arrange for someone to drive you to and from surgery and to stay with you for at least the first night following surgery.

### **Post op for Mastopexy**

After your breast lift procedure is completed, dressings or bandages will be applied to the incisions. You'll need to wear an elastic bandage or support bra to minimize swelling and support your breasts as they heal. A small, thin tube may be temporarily placed under the skin to drain any excess blood or fluid that may collect after breast lift surgery.

- While resting, keep your head and shoulders elevated on at least 2 pillows for the first 24 hours. You may get up to the bathroom with help only.
- A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet the next day.
- If you have pain or discomfort, take the pain medication every 3-4 hours. It is best to take pain medication with crackers, jello, etc. If you have no pain, do not take the medication.
- Alcohol and pain medication should not be taken together.
- For the first 48 hours keep your arm movements to a minimum. Your arms should not be used to support your body or to lift anything heavy.
- Small drains may be used to draw off any accumulating fluid after surgery. The bulb should be kept collapsed at all times. The fluid will need to be removed from the bulb every 3 hours. Please keep a record of what time and how much fluid is emptied from the blub.
- Bring this record with you to the office appointment. Usually, drains are removed 48 hours after your surgery. The drains will not be removed if you have drained more than 30cc within a 24 hour period.

**Patient Initial** \_\_\_\_\_

**Avron H. Lipschitz, M.D. Plastic Surgery, LLC**

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- If you have sutures, they will be removed in 7-10 days and you will wear steri-strips for 3-4 weeks. (We will provide the steri-strips.) Apply scar cream to maximize wound healing, beginning at 3 weeks. Use the cream for 6 months after surgery.
- You may shower 12 hours after the drains have been removed.
- You may wear a camisole but no underwire bra for 4-6 weeks.
- All sutures, if present, will come out in 7-10 days.

It is important to be seen by Dr. Lipschitz after your initial post-op checks.

**What to Expect After Surgery**

- Sensations like numbness, sharpness, and burning are common during the healing process.
- These sensations may last several weeks and will gradually disappear.
- Bruising and swelling are normal for 2-3 weeks. It will disappear over time.
- You will initially feel like your implants are too high and too large. This will resolve over the first 4-6 weeks post operatively.

**Please note:** If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office. If you develop a fever (oral temperature greater than 100°), redness and/or increased pain at the surgical incision sites, please call Dr. Lipschitz immediately. If you have major dental work or major surgery, please notify Dr. Lipschitz so he can prescribe a pre-operative medication to protect your implants from possible infection.

Following your physician’s instructions is KEY to the success of your surgery. It is important that the surgical incisions are not subjected to excessive force, abrasion, or motion during the time of healing.

Please sign as your acknowledgement for receipt of all postoperative instructions:

Signed by: \_\_\_\_\_ on the \_\_\_\_\_ at the  
 (Print Name) (Date)

\_\_\_\_\_  
 (Office Location)

Patient Signature: \_\_\_\_\_

Witness: \_\_\_\_\_  
 (Print Name)

Witness: \_\_\_\_\_  
 (Signature)

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