



Avron Lipschitz MD

NATURAL RESULTS, ADVANCED TECHNIQUES, EXCEPTIONAL CARE

## Preoperative Instructions Breast Lift - Mastopexy

Commonly referred to as a breast lift, mastopexy surgery raises and firms the breasts by removing excess skin and tightening the surrounding tissue to reshape and support the new breast contour.

### Enhancing your appearance with a breast lift

A woman's breasts often change over time, losing their youthful shape and firmness. These changes and loss of skin elasticity can result from:

- Pregnancy
- Breastfeeding
- Weight fluctuations
- Aging
- Gravity
- Heredity

Sometimes the areola becomes enlarged over time, and a breast lift will reduce this as well. A breast lift can rejuvenate your figure with a breast profile that is youthful and uplifted.

### What breast lifts don't do

Breast lift surgery does not significantly change the size of your breasts or round out the upper part of your breast. If you want your breasts to look fuller, consider breast lift and augmentation surgery. If you want smaller breasts, consider combining breast lift and reduction surgery/mastopexy.

### Is it right for me?

Breast lift surgery is a highly individualized procedure and you should do it for yourself, not to fulfill someone else's desires or to try to fit any sort of ideal image.

### A breast lift is a good option for you if:

- You are physically healthy and maintain a stable weight
- You do not smoke
- You have realistic expectations
- You are bothered by the feeling that your breasts sag, have lost shape and volume
- Your breasts have a flatter, elongated shape or are pendulous
- When unsupported, your nipples fall below the breast crease
- Your nipples and areolas point downward
- You have stretched skin and enlarged areolas
- One breast is lower than the other

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

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**Before breast lift and or mastopexy surgery, you may be asked to:**

- Get lab testing or a medical evaluation
- Take certain medications or adjust your current medications
- Get a baseline mammogram before surgery and another one after surgery to help detect any future changes in your breast tissue
- Stop smoking well in advance of surgery
- Avoid taking aspirin, anti-inflammatory drugs and herbal supplements as they can increase bleeding

**Preoperative Instructions**

Pre-surgery instructions are to help reduce risks associated with surgery and anesthesia, and promote healing in the recovery period. The surgical facility or hospital will contact you before the procedure to review the preoperative instructions. Surgery may be delayed or cancelled as needed, if this pre-surgical guideline is not followed. Please contact Dr. Lipschitz with any questions.

**3 to 6 Weeks Prior to Surgery**

Schedule and complete preoperative testing ordered by Dr. Lipschitz and/or your Primary Care Physician (PCP). Preoperative testing may include routine blood and urine tests, chest x-ray, electrocardiogram (ECG), and a physical examination by your PCP. If you have any heart history or medical problems, a stress test or cardiologist evaluation may also be required. Preoperative testing should be completed *no sooner* than 6 weeks and *no later* than 1 week prior to the date of surgery to ensure results are current.

This comprehensive preoperative medical evaluation is important to ensure you are physically ready to have the surgery and anesthesia. Please have your PCP send a copy of test results, your physical exam, and his/her written note to our office.

**2 Weeks Prior to Surgery**

- Stop taking aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication, as these medications increase bleeding.
- Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your PCP or cardiologist. Dr. Lipschitz will advise you when you may resume taking these medications, which may be a few days.
- Tylenol (acetaminophen) may be taken for pain or headaches *before* surgery.
- Stop herbal medication, supplements, and teas, as these substances may increase bleeding.
- Herbals with an increased risk of bleeding include, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort.
- Daily multivitamins are okay.
- Stop any diet medication.
- Do not perform chemical procedures on your hair or face.

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If your breast augmentation 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.

**Other important considerations:**

- Breast implants are not guaranteed to last a lifetime and future surgery may be required to replace one or both implants.
- Pregnancy, weight loss and menopause may influence the appearance of augmented breasts over the course of your lifetime.

Dr. Lipschitz performs Breast lift surgery at an accredited office-based surgical center.

**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.

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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.

This is to confirm that the above preoperative instructions have been explained to me by Dr. Lipschitz. I have read all the above information and hereby agree to follow the instructions as stated.

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

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

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

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

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