

THE FIRST GLANCE

MASTOPEXY (BREAST LIFT) POST OPERATIVE CARE INSTRUCTIONS

DRESSING AND WOUND CARE

- Your incisions will be covered with dressings after surgery, and you will be placed in a postoperative bra or compression garment.
- You may remove the outer dressings **2–3 days after surgery**, unless otherwise instructed.
- **Leave the Steri-Strips (white tape)** directly over your incisions in place. These are waterproof and should remain in place until they fall off naturally.
- You may **shower 2–3 days after surgery**, once the outer dressings have been removed.
- Wash gently with regular soap and water. Avoid scrubbing your incisions. Pat dry with a clean towel or allow to air-dry.
- After showering, put your postoperative bra or compression garment back on.
- You may place clean gauze, abdominal pads, or maxi pads between your incisions and your bra or compression garment for additional padding, comfort, or to absorb minor drainage.
- Do not soak your surgical sites for at least **3–4 weeks** (no baths, swimming pools, hot tubs, or lake water), and until all incisions are completely healed.
- Do not use hydrogen peroxide or rubbing alcohol on your incisions.
- **If your Steri-Strips fall off before your incisions are fully healed, begin applying a thin layer of Original Polysporin 1–2 times daily** to the exposed incisions.
- Do not apply Polysporin or other ointments over Steri-Strips that are still in place, as this may cause them to loosen prematurely.
- If your dressings become wet, saturated, loose, or significantly soiled, contact Dr. Doucet's office for instructions.

POSTOPERATIVE BRA / COMPRESSION GARMENT

- Wear your postoperative bra, compression garment, or a supportive, front-closure bra without underwire **day and night for the first 6 weeks**, unless otherwise instructed.
- You may remove your bra or garment briefly for showering and hygiene.
- Your bra or garment should provide gentle support without being excessively tight.
- Avoid underwire bras during the initial healing period, as the underwire may place pressure on your incisions.
- You may place clean gauze or soft absorbent pads between your incisions and the bra or garment for additional comfort.
- Do not wear additional compression bands or straps unless specifically instructed by Dr. Doucet.

MEDICATIONS

Pain Management

- Take your prescribed pain medication as needed and as directed.
- You may take Tylenol (acetaminophen) 1,000 mg every 6 hours as needed for pain, up to a maximum of **4,000 mg in 24 hours**. A lower maximum may apply depending on your medical history.
- **Avoid anti-inflammatory medications**, including Advil (ibuprofen), Motrin, Aleve (naproxen), and other NSAIDs, for at least **3 days (72 hours) after surgery**, unless otherwise instructed by Dr. Doucet. These medications may increase bleeding and bruising.
- After 72 hours, you may take Advil (ibuprofen) 400–600 mg every 6–8 hours as needed, if cleared to do so and if you have no contraindications.
- **If taking Tylenol #3, Percocet, Tramacet, or other prescription pain medications containing acetaminophen, include this amount in your total daily acetaminophen intake.**
- Do not drive or consume alcohol while taking opioid pain medication.

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Other Medications

- Resume your regular medications unless otherwise instructed.
- If prescribed antibiotics, take them as directed and complete the full course.
- If you have been prescribed medication to prevent blood clots, take it exactly as directed. Do not stop prescribed blood thinners or aspirin unless instructed by your treating physician.

Constipation

- Constipation is common after surgery, particularly when taking opioid pain medications.
- Drink plenty of fluids and avoid straining during bowel movements.
- Consider a stool softener or gentle laxative, such as polyethylene glycol (RestoraLAX), if needed.
- If constipation persists, speak with your pharmacist or contact Dr. Doucet's office.

ACTIVITY AND POSITIONING

WEEKS 0–2: REST AND RECOVERY

- Prioritize rest and recovery. Avoid strenuous activity or anything that significantly raises your heart rate or blood pressure.
- Sleep on your back, preferably with your upper body slightly elevated, to reduce swelling and pressure on your breasts.
- Avoid sleeping on your stomach or placing direct pressure on your breasts.
- You may sleep on your side if comfortable and if this does not place pressure on your incisions.
- Take short, frequent walks throughout the day, starting as soon as you are safely able after surgery. Gentle movement helps with recovery, promotes circulation, and reduces the risk of blood clots.
- Avoid spending long periods sitting or lying down without moving. While resting, regularly move your ankles and feet to help with circulation.
- Avoid heavy lifting, pushing, pulling, or repetitive upper-body movements.
- You may use your arms for gentle daily activities but avoid forceful or repetitive overhead movements.

AFTER 2 WEEKS

- Gradually increase walking distances, including outdoor walks or gentle treadmill walking.
- You may gradually resume light daily activities as tolerated.
- Continue avoiding heavy lifting and strenuous upper-body activity.

WEEKS 3–4

- Gradually increase your daily activities as tolerated.
- Low-impact exercise, such as a stationary bike or elliptical, may be resumed if your healing is progressing well and Dr. Doucet has cleared you.
- Light weights under **5 lbs** may be introduced if cleared by Dr. Doucet, avoiding chest exercises and movements that strain your incisions.
- Avoid running, jumping, high-impact exercise, and activities that cause significant breast movement.

WEEKS 4–6

- Continue gradually increasing activity as tolerated.
- Avoid heavy lifting, chest exercises, and high-intensity exercise until cleared by Dr. Doucet.
- Most patients may gradually return to unrestricted activities around **6 weeks after surgery**, depending on healing and Dr. Doucet's recommendations.

DRIVING

- Do not drive while taking opioid pain medications or other medications that cause drowsiness.
- You may resume driving once you are comfortable, no longer taking sedating medications, and can safely turn, brake suddenly, and react without significant pain or restriction.

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ADDITIONAL CONSIDERATIONS

Swelling and Bruising

- Swelling, bruising, tightness, and a feeling of pressure across the chest are common after breast augmentation.
- Most bruising improves within 1–2 weeks, but swelling may take several weeks to months to fully resolve.
- Your breasts may initially appear high, firm, swollen, or slightly uneven. This is common as the tissues adjust to the implants.
- The implants will gradually settle into position over the following weeks to months. Final breast shape may take 3–6 months or longer to develop.
- Continue wearing your postoperative bra or compression garment as instructed.
- Avoid applying ice or heating pads directly to your breasts, as altered sensation after surgery can increase the risk of skin injury.

Bleeding

- Mild oozing from the incisions may occur during the first few days.
- If minor bleeding occurs, apply gentle, continuous pressure with clean gauze or a towel for 20 minutes.
- Contact Dr. Doucet if bleeding persists.
- **Sudden swelling, significant pain, or rapid enlargement of one breast**, particularly if associated with firmness or tightness, may indicate bleeding beneath the skin and requires urgent medical assessment.

Breast and Implant Position

- It is normal for the breasts to appear swollen, high, firm, or slightly asymmetric during the initial healing period.
- The implants will gradually settle as swelling decreases and the surrounding tissues relax.
- Avoid pushing, squeezing, or manipulating your implants unless specifically instructed by Dr. Doucet.
- Do not begin breast or implant massage unless instructed by Dr. Doucet.

Signs of Infection

- Contact Dr. Doucet if you notice increasing redness or warmth, worsening swelling or pain, pus or foul-smelling drainage, or fever above **38.5°C (101.3°F)**.
- Report any areas of wound separation or delayed healing.

Skin Colour Changes

- Contact Dr. Doucet promptly if you notice areas of breast skin or the nipple-areolar complex becoming increasingly dark, dusky, purple, or black.
- Report new blistering or significant changes in skin appearance.

Numbness and Sensation Changes

- Temporary numbness, tingling, hypersensitivity, or altered sensation in the breasts or nipples is common after surgery.
- Sensation may take several months to improve, and some changes may be permanent.
- Notify Dr. Doucet if you develop new severe pain or concerning changes in sensation.

Smoking and Nicotine

- Avoid smoking, vaping, and all nicotine products for at least **6 weeks after surgery**.
- Nicotine reduces blood flow to healing tissues and increases the risk of wound healing complications.

SCAR CARE

Scar care will be reviewed in more detail at a follow-up appointment. **Dr. Doucet will advise you when your incisions are sufficiently healed to begin scar treatments.**

WHEN TO SEEK MEDICAL ATTENTION

Contact Dr. Doucet promptly if you experience:

- Increasing redness, warmth, swelling, or drainage from your incisions.
- Fever above 38.5°C.
- New wound separation or concerning skin colour changes.
- Sudden or worsening breast swelling, firmness, or pain.

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- Rapid changes in the size or shape of one breast.
- New or unusual swelling, pain, redness, or warmth in one leg. If these symptoms occur, seek urgent medical assessment.

Call 911 or go to the nearest emergency department for:

- Sudden shortness of breath, chest pain, or fainting.
- Severe or uncontrolled bleeding.
- Rapidly worsening breast swelling accompanied by severe pain, weakness, or dizziness.
- Any other serious or rapidly worsening symptoms.

Emergency / After-Hours Care

- Weekday Care (8 am to 5 pm): If you have concerns about your surgery or healing, call Dr. Doucet's office 204-885-1419.
- Weekend and After Hour Care: If it's after 5 pm or during a weekend, you may call or text Dr. Doucet **at 204-808-3584**. If your concern is urgent or you do not receive a response to your text message, please call rather than text.
- In an emergency, if you cannot reach Dr. Doucet after 3 attempts, please go to the nearest emergency department