

Breast Reduction and Breastlift (Mastopexy) Discharge Instructions
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The Plastic Surgery Center of Maryland



Diet

- You may resume a regular diet. A diet low in fat and high in protein enables proper wound healing. In addition, consuming a diet rich in vitamins and minerals is also beneficial. Avoid salty foods which cause you to swell. Consider taking a multivitamin.
- Drink plenty of fluids. Dehydration and dizziness is common. This can easily be avoided by consuming fluids.

Activity

- No strenuous activity or driving for 2 weeks.
- No heavy lifting >5 lbs for 6 weeks.
- Walking is encouraged. This is an important step in preventing blood clots in the legs, which is a serious condition.
- You may return to the gym one month after your surgery to enjoy lower body workouts but avoid upper body workouts for an additional one month.

Showering

- Remove dressings and shower 3 days after surgery if you have not had a nipple graft.
- Do not submerge wounds in water (such as soaking in the bathtub). Rather, take showers and allow soapy water to run over your incisions, and then pat dry.
- If you have a yellow bolster in place over the nipple (from a nipple graft), you will need to sponge bathe and keep the breast completely dry until your follow-up appointment. Dove wipes allow for gentle cleansing.
- If you have drains in place, pin the drains to a belt that may get wet in the shower to avoid tugging on drain sites.

Dressings/Wound Care

- Take dressings down 3 days after surgery and then change dressings daily. If you have yellow bolster dressings in place, do NOT remove—you may remove the other dressings as described below.
- The dressing should include either Xeroform (yellow dressing/cloths) or Aquaphor ointment to the incisions, then place clean ABD pads on top before putting on the support bra. If you run out of Xeroform, use the Vaseline.

- Wear the support bra at all times, except when in the shower. Make sure the bra is not tight!
- You may wash your support bra, but make sure to line dry.
- Drain Care (Only if you have drains in place):
 - Strip, Empty, and Record output twice daily. Keep a log of the outputs and bring with you to your follow-up appointment. If the drain clogs, fluid will come out around the drain site. Please milk the drain to treat this problem.

Medications

- *Antibiotic:* You will take an antibiotic (Bactrim or Levaquin) for 2 weeks if you have a drain in place.
- *Pain Medication:* You will have a narcotic (Tylox, Oxycodone, or Dilaudid) to help with pain relief. You can take 1-2 pills every 4-6 hours as you need for pain relief. In addition, you may have been given a prescription for Ibuprofen or Motrin. It is important to take this medication around the clock and with food. This will help with pain and swelling.
- If you take any medications that may affect your bleeding, please stop taking them 2 weeks prior to surgery. Such medications include Coumadin, Lovenox, Plavix, Vitamin E, Aspirin, Naprosyn, Ibuprofen/Motrin, and Anti-Inflammatory medications. Please discuss the appropriate time to resume taking this medication after surgery with Dr. Shermak.
- A stool softener (Colace) is recommended while taking narcotics as narcotics can lead to constipation. Maximizing fiber intake (fruit, vegetables, or fiber supplements) also helps.

Follow-Up

- The first appointment will take place within a week of surgery. Please call 410-616-3000 with any questions.

What to Watch For and When to Call

- You can call our office at any time to speak with Ann or with Dr. Shermak if you have questions or concerns at 410.616.3000. In addition, you can also reach Dr. Shermak by email at shermakmd@gmail.com. **(Please do not use email for urgent or emergent situations.)**
- Call if you develop a fever >101.5 degrees Fahrenheit or you note increased redness or purulent drainage at or around the incision.
- Call if you notice large increases of drain output, particularly if it is bright or dark red and has the consistency of blood.
- Call if you notice asymmetry in swelling of either breast or skin changes (such as the color or texture of the skin).

- Call if you develop a skin rash all over your body. This may be an allergic reaction to one of your medications.
- Call immediately if you begin to bleed moderately or heavily from your incisions, you develop chest pain, or develop shortness of breath.

Thank you for choosing Dr. Shermak as your plastic surgeon. We look forward to continuing to care for you. Get plenty of rest and best wishes for a speedy recovery!