POST-OP INSTRUCTIONS

BREAST LIFT

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Congratulations! We are so happy you selected Longwood Plastic Surgery to help you in achieving comfort and confidence in your own skin.

Many patients often have questions following their procedure and this guide is here to serve as an answer key.

As always, please don't hesitate to reach out with additional questions or concerns

MEDICATION

You may resume any medication taken prior to surgery

If you were taking anti-coagulants (blood thinners, Plavix or aspirin), check with your doctor

You may begin taking NSAIDS (Motrin, Advil, Ibuprofen, or Aleve) in ___ hours

Take narcotic pain medication as directed

If you are taking Vicodin or Percocet, do not take Tylenol

DON'T TAKE PAIN MEDICATION ON AN EMPTY STOMACH

Scopolamine Patch

You may keep your patch on for up to 72 hours

If you are not nauseous, you may remove the patch tomorrow

Common side effects:

Drowsiness, dry mouth/eyes, restlessness, skin rashes

More severe reactions:

Blurry vision, confusion, dizziness, irregular heartbeat

In this case, REMOVE PATCH and notify your doctor

SHOWERING

YOU MAY SHOWER IN _____

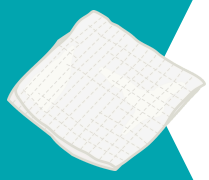
Do NOT bathe, swim, or submerge your incisions until authorized by your surgeon

Reapply clean dressing and a clean bra after you shower

TIPS AND TRICKS FOR A SUCCESSFUL SHOWER

- Ensure an adult is home and aware you are showering in case you feel faint or need assistance (don't lock the door)
- Remove any surgical garments or dressings
- Don't make your shower too hot; comfortably warm water is ideal
- Step into the shower with your body facing away from the surgical site – if you are comfortable, you can turn (some patients find the water hitting the site directly to be painful)
- Unless instructed by your surgeon, use your typical soap – it's okay if soap runs into the incisions, but do not rub in or scrub incisions
- Avoid taking a long shower
- When done, pat the area dry with a clean towel
- Reapply fresh dressings

WOUND CARE



It's important to take care of your incisions and wounds so that they heal correctly!

You may see a small amount of blood/drainage on the gauze over your incisions (this is normal)

Change the outer dressings as needed

Keep incisions as clean and dry as possible!

Wear a supportive post-op bra day and night for 2 weeks (remove to shower)

This bra will ensure that your breasts are held in an ideal position

- **If the bra feels too tight, you may switch to any bra that feels comfortable (avoid underwire or push-up for first 6 weeks)**
- **After 2 weeks you may sleep without the bra**

Avoid cold/ice packs and heating pads

DIET

If you are not nauseated, gradually resume your normal diet

Starting out with liquids and light (low-fat) meals

If you were prescribed narcotics for pain control, it is common to struggle with constipation
To alleviate these symptoms, focus on a **fiber-rich diet**

Examples of fiber-rich foods:

OATS

LEAFY GREENS

BERRIES

DRIED PRUNES

Don’t forget to stay hydrated!

EXERCISE

No strenuous activity

Light walking and stair-climbing are OK

No lifting, moderate walking, or otherwise heavy exercise until you have recieved clearance

Wait for clearance from your surgeon before you increase ANY activity level (i.e workout classes, yoga, pilates)

Although it's understandable to want to get moving, don't push yourself too hard; allow your body time to heal!

COMMON FAQs

Do not drive for at least 2 days after anesthesia

For at least the first week after surgery, try to sleep on your back instead of your side

If you cannot sleep on your side talk to your doctor about alternatives

Do not drive while taking pain medications

Resume driving when it no longer causes pain (usually 6-7 days)

If you have additional questions, please call our office

longwoodplasticsurgery (617) 383-6250 www.lpsmd.com

POST-ANESTHESIA

You may be sleepy for the next 12-24 hours. Go home and rest immediately. Fatigue may persist for 24-48 hours.

24 hours after you should not drive, operate heavy machinery, or do anything requiring concentration or precision

Headache, soreness, and stiffness is common and may persist for several days

If you are unable to urinate after 8 hours, call your surgeon

When you notice an appetite, start with fluids like soup or jello and slowly advance to typical meals

It is **VERY IMPORTANT** to take steps to ensure normal breathing function like coughing and deep breathing. Don't be afraid to breathe normally because of perceived discomfort.
Not expanding your lungs fully can cause normal secretions to remain in the lung and cause pnuemonia

WHEN TO CALL...

- **Persistent bleeding that does not stop with direct pressure for 20 minutes**
- **Signs and symptoms of infection → redness, swelling, drainage that looks like pus, hot to the touch, or fever of over 101 degrees F**
- **Persistent vomiting**
- **Trouble urinating**
- **Shortness of breath or pain when breathing**

(617) 383-6250

NEXT STEPS

Your follow up appointment will be_____

If an appointment is not already made, call **617-383-6250** to make an appointment

ONCE AGAIN, THANK YOU FOR CHOOSING LONGWOOD PLASTIC SURGERY

DO NOT HESITATE TO REACH OUT