

Breast Reduction and Lift (Mastopexy)

After your surgery

Dressing

- Remove your large dressing three days after your surgery, as instructed. It is normal for this dressing to be stained with blood.
- Remove the Steri-Strips™ seven days after your surgery.
- Wear a stretchable camisole for three weeks after your surgery. You can buy them at any department store.

Personal hygiene

- Take sponge baths during the first days after your surgery. Keep your dressing dry.
- Avoid bathing or swimming for two weeks.
- After your dressing is removed, you can shower and wash your breasts. Avoiding aiming the spray directly at your breasts
- Take extra care to dry the wound thoroughly.

Physical activities

- It is important that you move your arms from day one, keeping them lower than your shoulders.
- Sleep on your back until you are comfortable otherwise.
- Do not lift heavy objects until your surgeon allows you to.
- Do not play sports for six weeks after your surgery.
- Do not drive a vehicle the week after your surgery, or until you stop taking pain medication.

Pain management

- Take your prescribed medication or Tylenol™ and Advil™ regularly. Do not hold off taking your medication before your pain becomes intense.

Constipation prevention

- Take prune juice, Metamucil™, or a table spoon of milk of Magnesia every day, until your next bowel movement.

Consult your doctor or visit the nearest Emergency Room if you experience:

- red blotches, a hot sensation, hardening or discharges at the incision site;
- fever or chills;
- pain or warmth in the calf area;
- increasing pain;
- sudden shortness of breath.

Irregular menstruation is normal in the weeks following general anesthesia.

Next appointment

Date: _____

Time: _____

Doctor: _____

To contact Dr. Gallant's office

200-343 Preston Street, Ottawa, Ontario
Telephone: (613) 729-1616

Contact the clinic the day after your surgery to make an appointment. 24 hours notice is required to cancel an an appointment.

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