

Breast Reduction and Lift (Mastopexy)

After your surgery

Dressing

- The dressing will be removed by your surgeon after one week, during your first follow-up appointment.
- Afterwards, you can take a shower and clean your breasts with soapy water. Dry the wound well and apply an antibiotic ointment, such as Polysporin®, to the stitches, if necessary.
- Wear a stretchable camisole for four weeks after your surgery. You can buy them at any department store.
- Remove the Steri-Strips™ 14 days after your surgery. You do not have to replace them if they come off.

Physical activities

- It is important that you move your arms from day one, keeping them lower than your shoulders.
- Do not lift heavy objects or play sports for 5 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™ regularly. Do not hold off taking your medication before your pain becomes intense.

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, and take extra care to dry the wound thoroughly.

Constipation prevention

- Drink prune juice or take Metamucil™.
- If this doesn't help, you can take a teaspoon 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. Ferron's office

Telephone: (613) 302-7935

We will contact you to schedule your follow-up appointment.

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