



# CANADIAN PLASTIC SURGERY CENTRE

## **Breast Lift Surgery (Mastopexy)** **Post-Operative Instructions**

- Cephalixin or clindamycin are antibiotics that have been prescribed for you. Please start taking the antibiotic immediately following your surgery as prescribed and until finished.
- The pain medication prescribed will either be Oxycodone, Tylenol #3 or Dilaudid (hydromorphone). You can take 1-2 tablet every 4-6 hours as needed.
- You can apply ice packs to help alleviate pain and swelling. DO NOT apply ice directly on the skin. Wrap the pack in a towel and apply to areas of swelling. Avoid using hot compresses.
- Do not drive for 24 hours after the procedure and/or until you have stopped the pain medications.
- You will be going home with tensors over your breast. These should be worn for 72hrs after surgery. After 72hrs, you can switch over to a sports bra for support, which should be worn for up to 6 weeks, depending on your healing. It is recommended that you do not purchase custom-sized bras until 6 weeks after your surgery or when the swelling has resolved.
- In 48hrs, you should take a shower. After you remove your tensors, you will find some plastic bandages, which are waterproof. Please leave these bandages intact and shower with them on. If the bandages become soaked with water, please remove the top plastic layer.
- Beneath the waterproof layer of bandages, there are Steri-Strips that cover the incision area. Do not remove the paper strips, they will fall out on their own. These strips can get wet in the shower and should be patted dry with a towel or blown dry with a dryer on a low heat setting.
- You are allowed a 1-hour break daily from wearing your support bra. You can use this time to shower and relax in bed. We recommend that a support bra/Tensors be worn with all activities.
- You must AVOID heavy lifting and sudden/quick arm movements. NO reaching for or holding heavy items above your head.
- No exercise for the next 3-6 weeks or as advised by Dr. Chivers or his nurse.
- Please do not expose the incision site to the sun for 6 weeks.
- Swelling, bruising, and pain are expected and will improve in 6-8 weeks.
- **For several days after the surgery, you will be at risk of fainting. If you suddenly feel hot and begin to sweat, lie down and bend your knees. Cold compress on the forehead/ neck can help relieve these symptoms. Drink plenty of fluids to prevent this.**

*If you have any questions or non-emergent concerns, please call our office at: (416) 244-8377, Monday-Friday 9 am-6 pm, or email us at [info@canadiansurgery.com](mailto:info@canadiansurgery.com).*

*\*For emergencies, please call Centenary Hospital Locating at (416) 281-7111 and ask to have Dr. Chivers paged. If necessary, then proceed to the Centenary Hospital emergency where Dr. Chivers can meet you.*