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DISCHARGE INSTRUCTIONS AFTER PERIAREOLAR MASTOPEXY

- You may shower 48 hours after your surgery. The stitches can get wet; just pat them dry.
- You have dermabond glue. Please leave this alone, and do not put any ointments on your incision.
- You may drive when you are no longer taking pain medication and feel comfortable enough to do so.
- Do not do any strenuous arm exercises for 4-6 weeks after your surgery. You may do limited lower body exercises when you feel up to it. (e.g., walking, treadmill, stairmaster), but not lower body exercise that tends to make your upper body bounce (e.g., jogging, aerobics). Please wait a full 2 weeks before any strenuous exercises, as you could bleed.
- Please call the office immediately if your breast skin starts to turn warm, red, tender or otherwise shows signs of infection.
- Please do not take any pain medication on an empty stomach as this can cause dizziness and nausea. In addition to this, be aware all pain medications can cause constipation.
- Please avoid aspirin substances or any of the medications listed on your pre-op sheet for 2 weeks after your surgery as this will increase your risk of bruising and poor healing.
- You may find when you get home that you will have gained weight after surgery. This is simply from IV fluid and resolves in about 2 weeks.
- Please wear the post-op surgical bra at all times for several weeks after discharge. You may switch into your own bra about two to three weeks or when there is no longer any drainage from your incisions.
- Please do not apply any creams or lotions to incision until cleared by doctor.
- The use of over-the-counter laxatives or stool softeners (Colace) is recommended post-op while taking prescriptive pain medicines.

- Smoking dramatically increases your risk of infection, poor healing and bad scarring. Please refrain from smoking for at least one month post-op or until you are completely healed.

PLEASE FEEL COMFORTABLE TO CALL OUR OFFICE IF YOU HAVE ANY CONCERN OR QUESTIONS. AFTER HOURS OR ON WEEKENDS YOU CAN REACH THE DOCTOR BY CALLING 320-8545. **IN A TRUE EMERGENCY, CALL 911 IMMEDIATELY.**