



MASTOPEXY

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (480) 423-1973.

Minimal activities for the first four days after surgery. Remember to position yourself as you have been instructed. Leave the bra in place as it helps with the swelling. At the time of the first postoperative visit the bra will be removed and then replaced. You will be told when you may shower. You will remove the bra when you shower and replace it when you are out of the shower. Wear the bra day and night for the first week. You may wash and dry it after the first 48 hours.

You can expect:

- Moderate discomfort-which should be helped by the pain medications
- There may be some bloody drainage on dressings

Call the office if:

- Severe pain not responding to the pain medications
- Swelling that is greater on one side than the other
- Bright red spots on bra which continue to enlarge
- Incisions that are red or feverish
- If you have a fever
- If you have questions

Placing well-padded ice bags high on the chest often helps relieve discomfort. Do not raise your arm above your shoulders, do heavy lifting, or push or pull on things for one week. The second week, you will begin full range of motion with your arm but lifting is restricted to 5 lbs.

You may drive once off the pain pills and when you experience no pain with this activity.