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## POSTOPERATIVE

### BRA INSTRUCTIONS

The pictures are an example of a bra to wear after breast surgery. Make sure that the circumference size is enough to allow for some padding under the breast on the lines of the incision. Patients having breast surgery should bring their bra the day of surgery and bring it to the operating room.



Post surgical bras have front opening multi-position hook & eye for easy adjustability with on and off convenience.



Some post surgical bras come with convenient multi-position shoulder hook & eye for easy on and off.

Ultimate full coverage with firm support for maximum controlled compression and patient

# A Guide As You Prepare For Breast Lift (Mastopexy) Surgery



Amelia Arianne Pare' M.D.  
123 Hidden Valley Road  
McMurray, Pa. 15317

Phone: 724-941-8838

Fax: 724-941-8878

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## Preoperative Instructions

Schedule and complete your mammogram as soon as possible if you are over 40 years or have a family history of breast cancer.

No aspirin or aspirin containing drugs two weeks prior to surgery. Tylenol may be used as a substitute.

Notify us if you are taking a blood thinner or Vitamin E above 400 units a day.

Notify the doctor if you or any family members have had any blood coagulation problems such as bruising easily or prolonged bleeding with dental procedures.

Complete all preoperative testing lab work three weeks prior to surgery.

You should purchase a white front closure sport bra (no underwire) and bring it with you to the hospital.

Shower and wash well the night before and the morning of your surgery. Do not apply deodorant, cream or powder to your body the day of your surgery. Shave under your arms prior to surgery.

No make-up, jewelry, contacts, hair accessories on the day of your procedure. Wear comfortable clothing that buttons or zips up the front. Also remove nail polish. If you have acrylic nails, you must remove the nail on the index finger.

Quit smoking. Smoking delays wound healing. No alcohol 24 hours prior to surgery.

No food or liquid after midnight before surgery. These precautions are necessary for anesthesia.

Call the office to report any illness or cold symptoms within one week of surgery.

Antibiotics will be prescribed. Please alert the physician of any drug allergies. Take and complete all antibiotics as prescribed.

Fill your prescriptions prior to your surgery. These will be taken after the procedure. Antibiotics will be started the day before surgery.

Pain medication is prescribed to alleviate your discomfort.

If you think you may have difficulty sleeping, Tylenol PM may be used.

Comfortable, loose fitting pajamas and clothing are recommended following surgery. Button up front shirts or zipper up shirts are preferable.

Shower and wash well prior to surgery.

You may want to begin taking yogurt with active cultures daily following surgery to support normal flora.

## What should I expect the day of surgery?

The surgery will be performed under general anesthesia. All patients require someone to drive them home after surgery.

It is best for you to rest and take it easy the first night.

You will have an IV in place to ensure that you are receiving adequate fluids until you go home. It is also encouraged that you drink fluids throughout your recovery. Breast drains will be in place.

Only a light meal is suggested after surgery to avoid stomach upset.

Swelling and bruising are normal reactions to the healing process. Alert nursing immediately if you have concerns.

Be certain to alert your nurse of pain so that the prescribed pain medication can be administered.

Patient may experience constipation, which may be relieved by Magnesium Citrate which can be purchased over-the-counter in the pharmacy. Patient may also use Metamucil Wafers.

## Postoperative Instructions

For the first 24 hours, we encourage you to drink plenty of fluids, preferably clear liquids, no carbonated or caffeinated drinks. You will have IV fluids while in the hospital. We encourage you to start with fluids and progress to solid foods.

Take pain medications as ordered every four to six hours. We suggest you to eat first to avoid stomach upset. Avoid all alcohol while taking medications.

You may shower after 24 hours or when you feel up to it. You may apply antibiotic ointment. Steri-strips will be covering your incisions. You can air dry steri-strips with **cool** hair dryer. These should be allowed to fall off naturally.

At home you may apply ice to operative area for 20 minutes out of the hour as needed. Apply gauze pads in your bra to absorb drainage. You may want to purchase Kotex pads instead.

It is best to practice getting in and out of bed without placing a great deal of pressure, or pulling on your arms. It is not abnormal for your arms to be sore after surgery.

Avoid strenuous activity including lifting, pushing, pulling or exercise for four weeks. Casual walking is acceptable. Rest in a semi-sitting position with head elevated on two pillows. A recliner is ideal. A support bra should be worn for 3-4 weeks.

Comfortable, loose fitting pajamas and clothing that button in the front, rather than pull-over your head, are recommended following surgery.

Driving is permitted once you are no longer taking pain medication.

Notify us of fever 101 degrees or greater, chills, severe nausea and vomiting, excessive bleeding or drainage.