

POST SURGERY CARE INSTRUCTIONS:

Mastopexy (Lift) or Breast Reduction

*These instructions apply to most individuals. We may modify our recommendations to you, depending on your specific needs. Please follow these instructions UNLESS we notify you in writing to do something different.

WHAT TO EXPECT AFTER SURGERY

Breast swelling:

- Swelling is expected and usually worsens over the first 3 days and typically resolves around 6 weeks.
- Swelling makes the breasts look larger and oddly shaped. It also makes the breasts feel hard and heavy. This gradually subsides 2-4 weeks after surgery.
- Swelling can cause the breasts to appear shiny and feel itchy. You may take oral Benadryl for constant itchiness. Take oral Benadryl with caution due to sedation. Avoid taking Benadryl within 1-2 hour of pain medication, muscle relaxers and other sedating medications to avoid potentially dangerous over-sedation. Notify the office if you develop a rash.

Tightness and stiffness in the chest region:

- Tightness and stiffness are normal experiences as the skin, muscles and tissues have been affected.
- The tightness may make it feel more difficult to breathe. This typically resolves within the first 2 weeks as the skin and muscles relax. Severe shortness of breath or difficulty breathing is not normal, and should you experience this you should seek emergency medical attention immediately.

Discomfort:

- Tingling, burning, intermittent shooting pain, hypersensitivity and/or lack of sensitivity are all very normal experiences as the sensory nerves heal.
- One breast may be more sore than the opposite breast. This is normal.
- Constant, severe, or worsening pain should be reported to our office immediately.

Asymmetry:

- Your breasts will NEVER be the same or perfectly symmetrical. THIS IS NORMAL & EXPECTED (they are sisters, not twins.) You will be able to see a difference from one side to the other.
- Mild asymmetry is normal however, significant asymmetry with significantly more pain on the larger side can be a sign of a hematoma (bleeding into the implant pocket.) If you suspect this, please contact our office immediately.
- Although no two breasts in nature or following surgery are perfectly symmetrical, breast massage, proper surgical bra use, and time typically produce breasts that are similar in shape, position and size.
- Breasts may settle at different rates, this is not an emergency. This should resolve by 3 months after surgery. This can be discussed further at your next visit.

Drainage:

- You may experience a small amount of fluid or mild seeping through your nipples. This usually resolves on its own 6 weeks post-operatively and beyond.

SAFETY / CAREGIVER

After surgery, you will be weak and drowsy. You will need a responsible ADULT caregiver to stay with you 24-48 hours after surgery to monitor your health and support you.

MEDICATION SAFETY

Dr. Camp uses a multimodal pain medication regimen to help keep pain tolerable and our patients comfortable. Stay ahead of the pain for the first 24 hours by following the schedule of medications outlined on your medication chart.

After 48 hours, Dr Camp recommends avoiding the use of narcotics like hydrocodone (norco) and muscle relaxers such as valium. Continue taking Celecoxib (Celebrex) and Gabapentin every 12 hours to maintain comfort. Constant, severe, worsening pain should be reported to our office immediately.

It is important to take the medications as prescribed. DO NOT drive while taking narcotics, muscle relaxers or any medication that causes drowsiness. Additionally, DO NOT drink alcohol while still taking any of the prescription medications.

POSITION AND ACTIVITY

BODY POSITION: For the ride home, place your car seat back at a 45-degree angle. You will rest elevated at a 30-45 angle to reduce swelling. No lying flat until 3 weeks after surgery. Recliner chairs, adjustable beds, pillow or wedges are helpful for keeping this position.

SLEEPING: You must sleep slightly elevated at a 35–45-degree angle. You may sleep flat after 3 weeks. NO STOMACH OR SIDE SLEEPING for 6 weeks. Use pillows to avoid pressure on breast implants if you return to sleeping on side or stomach.

WALK: It is also important that you are ambulatory, meaning that you are walking under your own strength. During the day, spend 10 minutes every hour engaged in light walking indoors as you recover.

ACTIVITY:

WEEKS 1 – 3

- For the first 3 weeks post-op, walk as much as you'd like indoors
- Avoid raising your heart rate over 100 or increasing your blood pressure
- No sweating

WEEKS 3 – 6

- You may ease back into light daily activities and hygiene as you normally would. Listen to your body and avoid stretching or motions that cause too much pain. Your normal range of motion will return as you heal.
- You may increase activity with faster walking
- No "exercise" or high impact activity (biking, elliptical, weights or resistance training)
- Avoid vigorous household activities like vacuuming, house cleaning, etc.
- Do not lift, push, or pull anything greater than 10lbs

AFTER 6 WEEKS

- Expect your energy to return to normal 6-8 weeks after surgery
- Ease back into physical activity, starting very light and increasing frequency and intensity gradually over 3-6 months, depending on your health, physical stamina and pre-operative level of fitness.

DEEP BREATHING

After surgery it may be uncomfortable to take deep breaths. Using your incentive spirometer (blue breathing device) will help strengthen and clear your lungs, lowering the risk of postoperative pneumonia. Use your incentive spirometer 10 times an hour while awake for 1 week after surgery.

NUTRITION

Adequate fluid and nutritional intake are CRITICAL for proper healing. You may not feel hungry after surgery. Start with a liquid diet and then progress to a soft foods diet. It is essential that you spread your required fluid and nutritional intake evenly throughout the day to ensure you get everything you need. Protein intake is EXTREMELY important for wound healing. Protein shakes, smoothies, and soup are great sources of protein and easy to eat after surgery. Limit carbonated beverages and spicy foods that can cause gas and bloating. Avoid salty foods which will increase swelling.

BLOOD CLOT PREVENTION

WALK: It is essential that during the day you get up EVERY HOUR and walk around indoors for 10 minutes while you recover to improve circulation in your lower extremities and reduce the risk of blood clots.

SEQUENTIAL COMPRESSION DEVICES (SCDs): If you received portable Sequential Compression Devices (SCDs), please wear them for 2 weeks after your surgery. It is especially important to wear them at night, be sure to charge them before bed.

COMPRESSION HOSE: If you were discharged with compression hose, please wear them for 1 week. They should fit snugly enough to provide compression, but should not restrict circulation, make indentions in your skin, or cause pain. If they are uncomfortable or painful, please remove them immediately. You can also purchase compression socks of your choice on Amazon and wear them in place of the hose.

BRA

You will wake up from surgery wearing the EXACT bra that Dr. Camp wants you to wear. Keep this bra on until you shower 48 hours after arriving home. After 48 hours, you may wear any bra (without underwire) that is comfortable. Wear your bra, except when showering, 24/7 for 6 weeks after surgery, including while you sleep! Your implants have a much higher risk of bottoming out within the first 3-6 months without proper support while healing during the first 6 weeks after surgery. IF YOU HAVE A BRA/ GARMENT ISSUE AFTER HOURS, JUST LEAVE OFF AND CALL US THE NEXT BUSINESS DAY AT 9AM.

SHOWERING AND HYGIENE

You may shower 48 hours after surgery. Have someone help you in case you become lightheaded. We recommend taking the prescribed nausea medication 30 minutes before your first shower. This is also a good time to wash your bra if desired, following the instructions on the tag.

- To shower:
 1. Remove bra.
 2. LEAVE THE STERI STRIPS (BROWN TAPE) IN PLACE ON YOUR INCISIONS!
 3. Take a warm (not hot) shower for up to 10 minutes, preferably not longer
 4. Wash your face and hair as you normally would.
 5. Wash body and breasts using the Hibiclens soap provided for the first week after surgery, to reduce risk of infection. If the Hibiclens irritates your skin, you may switch to Dial antibacterial soap.
 6. Gently wash over and around the incision sites. **Do not avoid incisions—apply Hibiclens with your fingers with gentle circular motion around the areas and rinse.**
 7. Gently pat breasts and incisions dry with clean towel.
 8. Ensure steri-strips are dry. You may use a hair dryer on COOL/ NO HEAT to gently dry steri-strips.
 9. Do NOT apply lotion, powder or creams to your incisions or surgical area unless directed by our office.
 10. Reapply bra and wear 24/7 for 6 weeks, removing only to shower.
- Change towels/ sheets often first few weeks of recovery.
- NO BATHS, SWIMMING OR SUBMERGING IN POOLS/LAKES/OCEANS/HOT TUBS until after 6 weeks, when all incisions completely healed/ no open areas.

INCISION CARE

- Surgical glue and steri-strips (beige surgical tape) will be placed over all incisions.
- Steri strips protect the incision and create a thinner scar. These Steri-Strips will remain in place for 2 to 3 weeks and will be removed during your post-op appointment. DO NOT REMOVE THEM YOURSELF. If they fall off naturally, that is OK.
- If steri-strips become loose, do NOT apply tape or attempt to stick them back down. This will trap bacteria around the incisions leading to infection and delayed wound healing. Gently remove the loose part of the strip. If part of the strip is still dry and adherent, you may use clean scissors to trim the non-adherent portion to avoid moisture trapping.
- All external sutures will be removed in office 2 to 3 weeks post-op.
- After your steri strips and sutures are removed in office, you will be instructed to apply aquaphor to incisions twice daily for 1 week.

- After 1 week of aquaphor, you will start your scar cream regimen. Apply scar cream to incisions twice daily. Scar cream is provided in office at your 2 week follow- up appointment.
- DO NOT submerge the incisions in water for at least 6 weeks, or until incisions are completely healed.
- DO NOT use heating pads. These can cause burns, resulting in permanent disfiguring skin changes.
- DO NOT use ice/cold packs. These can reduce blood flow and kill skin/nipples if used improperly.

DRAIN CARE

You may or may not have a small drains present in each arm. The purpose of a drain is to get fluid out so it doesn't accumulate in the body – better out than in! These drains will be sutured in place to prevent accidental removal and typically stay in for 1-3 weeks. Upon discharge you will receive instructions on emptying drains and caring for them. GLOVES MUST BE WORN BY PATIENT AND CARETAKER WHEN EMPTYING DRAINS. Remember to write totals of drainage amounts on your drain log. You will bring the drain logs to your post-op appointment. The amount of drainage determines when the drains come out!

SCAR CARE

- Starting a few weeks after surgery when your incisions are healed, our nurse will direct you when to start using medical grade scar gel, which will be provided for you. Apply this product over incision scars and liposuction scars.
- Use silicone scar products to help scar fade until maximum improvement is achieved. You can use either strips or gel. Silicone scar gel can be applied every 12 hours. Alternatively, silicone scar strips should be worn for 12 hours at a time, then leave off for 12 hours. Scar Away is a good brand, but there are many equivalent options. Silicone scar products can be purchased from Amazon or any pharmacy.
- Never apply silicone scar strips to open incisions or open drain/liposuction sites or infection may result! Continue scar massage and use silicone products for at least 3 months or until scars are maximally faded.

CHECK NIPPLE CIRCULATION

Remove your bra before bed after surgery to and daily until your post-op appointment to visualize nipples to ensure your nipple color appears normal. Your nipples should be pink in color, consistent with your skin pigmentation. Concern arises when nipples appear more pale or purple or darker than usual. If your nipple color is abnormal or concerning, contact our office IMMEDIATELY. If it is after business hours, you will be connected to our emergency line.

Our post-op nurse will call you the day after surgery and will request a photo to ensure you are healing properly. We will contact you if Dr. Camp wants any changes in your treatment plan after reviewing your pictures.

CONSTIPATION PROTOCOL

You may not have a bowel movement for several days after surgery, this is normal. Constipation can be prevented by hydrating, walking around, and taking MiraLAX 4x/day in a liquid of your choice. MiraLAX does not cause cramping and is very safe/effective. Diarrhea can be caused by antibiotics taken postoperatively- please notify us if you experience this.

URINATION

We want you to urinate within 4 hours of surgery. Ideally, you should urinate at least twice before you go to bed the evening of surgery. It is essential you are properly hydrated after surgery. If you are not drinking enough fluids, you will not heal properly. If you are not able to urinate, please notify us ASAP.

NURSE PHONECALL

Your post-op nurse will call you the day after your surgery. Please answer so we can make sure you are healing normally and answer any questions you may have that are not covered in the post-op instructions. We want to speak to you. We are also happy to speak with your caregiver, but we want to hear your voice and have you answer our post-op questions. Please write down all your questions and save your questions for this call. Our RNs have scheduled time to check on our immediate post-op patients.

QUESTIONS AFTER SURGERY

Steven Camp MD Plastic Surgery

Phone: (817) 228-4315

Text: (833) 784-3316

Office Hours: Monday – Friday, 9 am – 5 pm

For post-op questions, please call or text the office and leave a message for our post-op nurse. Please note there may be delays in getting back to you with non-urgent questions as our RNs are in clinic treating patients during the week. Social media should NOT Be used to contact us regarding your care. Prior to calling, please review your post-op instructions to ensure your question is not already answered.

EMERGENCIES & AFTER-HOURS

NONURGENT: For nonurgent and routine post-op questions after business hours, please TEXT OR CALL THE OFFICE AND LEAVE A VOICEMAIL. We will contact you within 24 hours regarding non-urgent matters. For questions or concerns requiring a more immediate response, call our office to be connected to our after-hours emergency line.

NONURGENT issues include:

- Medication refill requests
- Routine post-op questions
- Appointment scheduling

URGENT: For urgent, non-life-threatening medical issues or concerns, please CALL OUR OFFICE IMMEDIATELY to be connected to our after-hours emergency line. The after hours emergency line rings directly to Dr. Steven Camp and Sara Camp AG-ACNP, APRN, MSN. If they do not answer, please leave a detailed voice message. They are most likely on another call, and will contact you immediately.

URGENT issues include:

- Surgical drain issues
- Fever of 101 or greater
- Allergic reaction to medications
- Increasing swelling or redness around the incision
- Drainage from incision that is yellow or green
- Drainage from incision that has a foul odor
- Severe pain that is not relieved by medications
- Severe nausea or vomiting that is not relieved by medications

EMERGENCY: If you are experiencing a life-threatening emergency, CALL 9-11 OR GO TO THE NEAREST EMERGENCY ROOM IMMEDIATELY. While we cannot provide immediate assistance, we ask that you update us once you are safe.

EMERGENT issues include:

- Shortness of breath or difficulty breathing
- Chest pain
- Loss of consciousness
- Calf pain or tenderness, lower leg/calf swelling, one leg more swollen than the other
- Uncontrolled bleeding

COMMON QUESTIONS

Jewelry/Piercings: If you have piercings, you can have non-metal spacers placed before you arrive to the surgery center, as long as the piercing area is a NON-SURGICAL area. Otherwise, not even a spacer is allowed.

Menstrual Cycle: What if I'm on my period the day of surgery? This will NOT hinder you from having surgery. Please wear a pad (not a tampon) to surgery. You will be provided with pads and disposable underwear at the surgery center.

Exercise: See 'Activity Section' for details. Doing so earlier can mess up your results and prolong healing.

SEX: Refrain from sex for at least 4-6 weeks after surgery. Resume with caution and avoid pressure or rubbing on surgical sites.

Swimming/Baths: AVOID for at least 6 weeks after surgery. All your incisions must be COMPLETELY healed and closed before you do this. Doing so before incisions are healed after 6 weeks can result in a bad infection! This includes lakes, oceans, hot tubs, pools, and bath water.

Scar Treatments: When incisions are completely closed (typically 1-2 weeks post-op), our nurse will direct you to start using Silicone Scar Strips or silicone scar gel- apply with clean hands. Scar Away is a good over the counter brand. You can get these products at CVS, Walgreens, Wal-Mart, or on Amazon. You may start applying scar strips for 12 hrs. on, then 12 hrs. off every day. Scar gel may be applied every 12 hours. Continue using it for several months after surgery.

Post-Operative Travel: Typically, we recommend not traveling for at least 6 weeks for vacations! Necessary travel before this time should be done cautiously, taking care to adhere to lifting and activity restrictions to avoid complications. This is the timeframe in which you have the highest risk of getting an infection or an incision opening up.

Alcohol: Avoid alcohol for 2 weeks before surgery and at least 2 weeks after surgery. You must be off all your medications for at least ONE full week before you drink alcohol. Alcohol is NOT good for healing!

Smoking: No smoking or second-hand exposure to smoke for AT LEAST 6 weeks after surgery. Exposure to smoking in any form delays wound healing and increases your risk of post-op complications.

Tanning: Avoid excessive sun exposure 10 days prior to surgery. If you have a sunburn, surgery may have to be delayed. Avoid direct sun exposure of surgical site skin for at least 6 weeks after surgery. Sunblock with UVA/ UVB protection SPF 35 or greater is recommended to protect skin with any sun exposure. Note: bathing suits and thin clothing offers minimal sun protection. You should always apply sunblock under such garments. Spray Tan: Avoid for 2 weeks prior to surgery and for 6 weeks after surgery.

Tattoos: Avoid for 6 weeks before surgery and 3 months after surgery to decrease the risk of infection.

Pets: No pets sleeping in your bed for 6 weeks. Do not walk large dogs with a leash for 6 weeks after surgery.

Nails: Do not replace dip, gel, or acrylic nails until cleared by your nurse

Should I search online or ask my friends if I have any questions about my procedure or recovery? You know the answer to this one! Google "experts," reading social media "expert groups" or asking your friend that had plastic surgery causes a lot of problems and unnecessary anxiety. Please call us if you have any questions or concerns. Dr. Camp is a board-certified plastic surgeon with nearly 10 years in private practice. It is dangerous to attempt diagnosing yourself or depending on the advice of bloggers, social media sites or friends and family. We are here to help, ask us anything!