



John T. Lindsey

M.D., F.A.C.S.

Plastic & Reconstructive Surgery

MASTOPEXY INSTRUCTIONS

Mastopexy (or breast lift) affords improved contour or shape for women with pendulous, sagging breasts. For women who have severe loss of volume and flaccid breasts, implants can be added 6 months later. Women with mild to moderate sag may be candidates for a mini lift (periareolar mastopexy) with augmentation. Please discuss your options with Dr. Lindsey.

The standard full mastopexy requires “anchor type” incisions that extend around the areolas and underneath the breasts. Please let Dr. Lindsey know if you scar poorly or have a history of keloids.

Many women report improved comfort after a mastopexy, as pressure on the shoulder and neck areas can be alleviated. Also, you may be comfortable enough to go without supportive undergarments. All women 40 years old or older and all women who have a family history of breast cancer or a personal history of a breast-related problem should have a preoperative screening mammogram. Please provide me with your mammogram report or permission to obtain your report. I am happy to order a mammogram for you if necessary. Preparations also include Hibiclens showers twice daily starting 3 days prior to surgery.

Smokers are at high risk of wound healing and scarring problems. Smoking is absolutely prohibited for 6 weeks prior to surgery and afterwards.

Thank you for your attention to these details. This information is to assure the best possible result for you.

AFTER SURGERY

1. Keep the operation sites clean and dry for 24 hours. It is OK to loosen or adjust the Ace wrap as needed for comfort. After 24 hours, please remove all dressings including the yellow gauze strips. It is OK to take a sponge bath at that time. Light showers are permitted after 24 hours. Expect some drainage on all dressings.
2. After showering, apply Mupirocin ointment (**or** plain Neosporin) to all incisions and cover with clean dressings. You should hold the dressings in place with an athletic or jogging bra. The bras that hook or zip in the front are the most easy to use. Do not use tape or other adhesives on the breasts, as these will blister and tear the breast skin. If you prefer, you may continue to wear the Ace wrap, but someone will have to assist you with this.
3. Change all dressings daily. Adjust the sports bra or Ace wrap as needed for comfort. No underwire bras are permitted for 8 weeks. Maxi-pads work well for padding, comfort, and protection for the first 2 to 3 weeks after surgery.
4. Do not drive until Dr. Lindsey permits (you must be off all narcotic medication).
5. For the first 24 hours – Do not sign any legal documents or operate machinery. Have a responsible adult help you and stay with you. Take it easy.
6. Clear liquids first. If no nausea, progress to a regular diet as tolerated.
7. Take medication as ordered. Please see the medication dosing regimen recommended by Dr. Lindsey. ***For the Enhanced Recovery after Surgery regimen to be effective, it must be followed as prescribed.*** Do not take pain medication on an empty stomach.
8. Avoid alcoholic beverages. No smoking.
9. Resume any prior medication at home unless otherwise instructed by Dr. Lindsey.

10. Call Dr. Lindsey at (504) 885-4508 (office) or (504) 495-5937 (cell) for:

- obvious bleeding, swelling or hardness of the breasts
- fever over 101.5 degrees
- redness, swelling or pus at the wound
- persistent vomiting
- any problems or questions

11. Please schedule your appointment approximately one week following your surgery.

12. No bending over or lifting for 2 weeks postop. No lifting more than 10 lbs, and no activities that elevate your heart rate or make you perspire for 6 weeks postop.