

MICHAEL F. MILAN M.D., P.C.
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For emergencies only:
Pager: XXX-XXX-XXXX

THE MORNING OF SURGERY DO NOT APPLY DEODORANT OR ANY MOISTURIZERS

POSTOPERATIVE INSTRUCTIONS FOR MASTOPEXY(Breast lift)

1. Bed rest for 24 hrs. You may get up to use the bathroom only. **No smoking or second hand smoke for four weeks before and four weeks after surgery.**
2. Elevate the upper body with pillows or sit in a recliner. (for about one week)
3. Elbows should remain at your sides. After the first day, you may raise your hands no higher than the top of your head with the elbows forward. No vigorous activity until approved by Dr. Milan (approximately three weeks).
4. **After your surgery consume at least 8 large glasses of water a day. Also maintain a well balanced diet of at least 2000 calories per day. This will promote healing and faster recovery.**
5. If prescriptions for pain medication and antibiotics have been written, take both as directed on the label.
6. As instructed by doctor, the day after your surgery, remove the Ace bandage, bra, and gauzes. You may then shower with soap and water avoiding a direct hit on the incisions. Leave the skin tapes in place until you see Dr. Milan in the office. Put a topical antibiotic ointment on the incisions after showering daily. A dry gauze should be placed along the incision line and secured with your bra.
7. You will be wearing a bra postoperatively that will have been put on at the time of surgery. The purpose of this bra is to hold your dressings in place and serve as a comfort measure during the healing phase. Wear this bra at all times. We will instruct you as to when to stop wearing it at the time of your follow-up visit.
8. In the early postoperative period, one needs to watch for internal bleeding. This would be manifested by **severe swelling** on one side accompanied by **very severe pain**. If either of these symptoms become apparent, please call Dr. Milan. If **fever above 101 deg.** occurs, call Dr. Milan.
9. You may drive 2-5 days after your surgery if you feel comfortable doing so.
10. Avoid heavy lifting (anything over ten (10) pounds) for a period of seven to ten days.
11. **If any problems arise, do not hesitate to contact Dr. Milan.**