



# Neil J. Wells INC. MD, FRCSC

*Plastic & Reconstructive Surgery  
Hand & Microvascular Surgery  
Cosmetic Surgery*

## **BREAST AUGMENTATION/MASTOPEXY POST-OPERATIVE INSTRUCTIONS**

1. **Activity:** Rest and avoid strenuous physical activity for the first week and this will significantly reduce your bruising. Avoid excessive use of your arms for the first three weeks.
2. **Comfort Measures:** Place an extra pillow under your head at nights for the first week. Applying ice to your chest for the first 48 hours often reduces the discomfort. You can use an icepack, a wet facecloth placed in the freezer, or a bag of frozen peas or corn.
3. **Wound Care:** You will have a light dressing over your breasts following surgery. This may be removed at one or two days. Beneath the dressing there are tapes over the cuts. These remain in place until they fall off. You may trim loose ends.
4. **Garments:** you should wear a well-contoured support bra once the outer dressing is removed (as directed). Some patients may be asked to wear a tensor bandage over the implants in the early post operative period.
5. **Shower:** You may begin showering at one day using an antibacterial soap (Dial, Hibitane). Do not remove the tapes but allow them to peel off by themselves which usually happens by two weeks. If you have implants, you will be shown massage exercises/displacement exercises and you should start these at one week after your surgery and continue them twice every day for at least three months.
6. **Skin Care:** If your scars will be exposed to sun, regular use of sunscreens with SPF 30 or higher is recommended for several weeks afterwards. Do not use Vitamin E cream in the first six weeks or you may widen your scars. There is some evidence that your scars may be improved by taping them continuously for about three months, after the steri-strips come off. Use 3m Micropore 1 inch paper tape and apply along the incision line and change only when it loosens or becomes sticky; about 7 to 10 days. This is optional but you may find it helpful.
7. **Call your surgeon** (see below) if you have: bleeding, increasing pain, pus in the surgery area, fever or increasing swelling of your breasts particularly if this is more on one side than the other.
8. **Restrictions:** You did\_\_\_\_\_did not\_\_\_\_\_receive medicine for sedation. If you did receive sedation, you **MUST NOT** operate motor vehicles, boats, power tools or machinery for the first 24 hours. You **MUST NOT** sign or enter into any legal contracts for 24 hours. We suggest that a responsible adult be with you following surgery for the rest of the day and night.

### **PRESCRIPTIONS:**

- Tylenol #3, Emtec\_\_\_\_\_Take one to two tablets every 4 to 6 hours as necessary for pain. Avoid driving or taking alcohol while using this medicine.
- Antibiotics\_\_\_\_\_.
- Other medicines\_\_\_\_\_.

**FOLLOW-UP APPT:** Please call 604-688-8568 to make your follow up appointment or ask questions you may have.

**DR. NEIL WELLS: office 604-688-8568**