

# BREAST SURGERY REDUCTION / MASTOPEXY (LIFT)

## WHAT TO EXPECT

- You will receive a follow-up courtesy call the day after your operation. An appointment with the wound sister or with Dr Patel will be arranged with you.
- Discomfort for about three days, improving each day.
- Loss of nipple sensation, which should normalise in time (some patients never regain nipple sensation again).
- Enlargement and sagging of breasts can occur with normal ageing process, pregnancy, and weight changes.
- Scars fade over time.
- Breast feeding is possible, but you might have insufficient volume to support a baby.
- Surgical bra to be worn 24/7 for the first six weeks.

## WOUND CARE

- You may shower from day one.
- Do not soak in a bath if you have a drain.
- Sutures are self-dissolving.
- The dressing will be changed on your first visit; advice will be given for wound care. See below.
- Micropore applied to incision lines for about three months and changed every three to seven days. Do not remove Micropore every day as this will cause the skin to become irritated.
- Ointment to be applied three times per day on top of Micropore.
- Massage the wound for about three months to soften the scar line.

## ACTIVITIES

- You will walk from day one after surgery to prevent blood clots.
- Do your arm exercises as often as you can. These will be shown to you on discharge from the hospital.
- Resume sexual activity as comfort allows.
- Avoid strenuous exercise and activities for about four to six weeks.
- Social and work activities can resume within seven days.

## PAIN MANAGEMENT

- Take pain medication as prescribed.
- Take it regularly, do not wait until you start feeling pain. Treating pain early usually brings faster pain control.
- Side effects of pain medication can be drowsiness, dizziness, nausea, vomiting and constipation. (This is lessened if medication is taken with food.)

## NAUSEA AND VOMITING

- This is not so common with modern anaesthetics and if it does occur, it usually lasts for a short time only.
- If it persists, keep taking fluids but avoid food.

## **WHEN TO CALL THE DOCTOR**

- Increased swelling and bruising after a few days.
- Increased pain which is not relieved by medication.
- Draining fluid that has an odour from the incisional site.
- Bleeding that will not stop after applying pressure.

## **CONTACT NUMBERS**

**WOUND SISTER:** 066 017 8256 | **ROOMS:** 044 873 2228 | **DR C PATEL:** 083 260 5528

## **DISCLAIMER**

*These documents give you information about a surgery you are considering. These documents explain the risks of that surgery. They also discuss other treatment options, including not having surgery. However, they cannot cover everything. Your plastic surgeon may give you more or different information. This may be based on the facts of your case. Informed instruction documents are not meant to define or serve as the standard of medical care. Standards of medical care are determined based on the facts involved in an individual case. They may change with advances in science and technology. They can also change with the way doctors practise medicine.*