



**DR. KELLER/DR. THELLMAN
MASTOPEXY DISCHARGE INSTRUCTIONS**

The anesthetic may make you drowsy and slow your reaction time; therefore, for 24 hours:

1. Do not consume alcoholic beverages
2. Do not drive a vehicle or operate machinery
3. Do not make legal decisions or sign legal documents

You may experience a sore throat. For relief you can take over the counter throat lozenges. If your sore throat lasts longer than 2-3 days please contact your surgeon.

Rest quietly today. Have a responsible adult stay with you today and overnight.

NOTIFY YOUR SURGEON IF ANY OF THE FOLLOWING OCCUR:

- o If one breast should become quickly more swollen and painful. It could be sign of fluid or blood collecting in the breast.
- o Elevated temperature above 101.0 degrees.
- o Increasing pain unrelieved by pain medication.
- o Bloody drainage that has soaked your dressing.

ACTIVITY

- o Take it easy.
- o You may walk, climb stairs, use your arms and engage in everyday activities.
- o However, avoid exercise and strenuous activities until your surgeon gives the go ahead.

DIET

- o Resume regular diet. (You may find that your appetite is less than normal.) Make sure you drink plenty of fluids.

SURGICAL BRA / DRESSING

- o Wear your surgical bra the first 2 weeks after your operation.
- o Remove bra only for cleaning and bathing.
- o Gauze beneath this bra for the first week will help protect the incisions.
- o Change dressing once daily or as needed.

MEDICATION

- o Pain after this procedure is to be expected.
- o Take prescribed medication as directed.
- o If your pain is less severe, you may take Tylenol only.
- o Avoid Aspirin and aspirin products (ibuprofen, motrin, aleve, etc) as they may cause increased bleeding.
- o Most pain medications should be taken with food.
- o Pain medications can contribute to constipation. Increase fluids, fresh fruits and vegetables to help with constipation.
- o Some of the pain medications may make you drowsy; therefore, do not drive while taking them.

SUTURES

- o Your sutures are beneath the skin and will dissolve with time.
- o They do not need to be removed.
- o Tape strips on the skin will remain 3-4 weeks.
- o Occasionally a few of these will be replaced during your post-operative visits.

DRAINS

- o May be in place when you go home.
- o Please empty these 2-3 times a day and make sure you record the amount. (This will help us determine when the drains should be removed.)

SHOWERING

- o May shower on the day after the drain is removed. Will need to take a sponge until drains are removed.
- o Avoid getting water on your incisions as much as possible.
- o A little is O.K. Pat dry with a towel when finished- **do not rub.**
- o No bathing or swimming until the wounds are completely healed.

WHAT TO EXPECT

- o Bruising and swelling of the breasts is expected.
- o Bleeding in small amounts may occur along the incisions.
- o Bleeding should be minimal and intermittent and will stop in 24-48 hours.

FOLLOW UP

- o Call if you have any questions or concerns. Our office number is **785-843-7677**.
- o Please call our office and schedule your follow up visit in _____.

PRESCRIPTION

OTHER INSTRUCTIONS

I HAVE READ THE INSTRUCTIONS AND UNDERSTAND THEIR MEANING.

Signature of Patient or Responsible Adult:

If any problems occur, or if you have further questions **CONTACT YOUR PHYSICIAN**. If you are unable to reach your physician and feel that your signs and symptoms warrant a physician's attention go to the **Emergency Room Closest to You**.

Instructions Given by: _____

Date: _____ Time: _____
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