



tenley k lawton m.d.  
BOARD CERTIFIED PLASTIC SURGEON

## POST OP INSTRUCTIONS FOR REDUCTION MAMMAPLASTY, ONCOPLASTIC AND/OR MASTOPEXY SURGERY

### AFTER SURGERY:

1. Pain medication prescriptions will be given to you on discharge.
2. Rest in bed periodically when you return home. You may be up and around, but avoid strenuous activity, such as vacuuming or lifting objects.
3. It may be helpful to sleep on your back the night of surgery. This may help alleviate some of the bandage discomfort.
4. We usually recommend that a bra be worn day and night (except in the shower or bath) after surgery. However, we sometimes advise the patient to go braless for a period of time. We will give you individual instructions on this. A bra will be given to you after the bandages are removed. After 1 month post op, an under-wire bra can be worn.
5. You may shower 48 hours after surgery. Do not stand in front of the direct stream of water, let the shower hit your back. Do not shower in very hot water.
6. You may drive 24 to 48 hours after your last dose of pain medication. You may not drive if you are on pain meds or in any pain.
7. If your surgery was performed on an outpatient basis, someone should drive you to my office the following day to have your dressing removed.
8. We do not recommend vigorous activity for approximately 3 to 4 weeks.
9. If the tape applied to your breasts begins to show signs of irritation, peel the tape back and trim it until you see non-irritated skin. If there are any raw, open areas under the tape apply antibiotic ointment to the areas. If any signs of tape reaction, such as blistering should occur, either remove the tape from the affected area or call the office immediately. If skin glue was applied, do not peel or remove. Dr. Lawton will let you know when it is ok to do so.
10. Do not take any Aspirin containing medications for two weeks following your surgery. Please refer to the list of medications provided by Dr. Lawton. Taking blood thinning products can cause a bleed in the first two weeks after surgery.
11. If you should develop a fever, or one breast is larger than the other, or experience intense pain, please call our office immediately.

### **\*\*\* SURGERY AND SMOKING DO NOT MIX \*\*\***

Research and experience with smoking patients have shown the supply of blood to small capillaries in the tissue is reduced, so the risk of bad healing, failure to heal, or even death of some tissue, increased scarring or other complication increases. If you should have any problems or questions, please do not hesitate to contact our office at **949-640-0999**