



# BENJAMIN GELFANT

COSMETIC PLASTIC SURGERY

## ***Mastopexy (Breast Lift) Surgery Instructions***

*Failure to follow these instructions may lead to cancellation of surgery and further fees will apply*

### BEFORE YOUR SURGERY

Before taking any medication PLEASE READ THIS!

- No Aspirin (ASA) or anti-inflammatory medicine (NSAIDS). **NOTHING** containing aspirin like products\* for two weeks before surgery since it interferes with normal blood clotting.

Check the list at the end of these instructions for products containing Aspirin and Ibuprofen **and if in doubt, call a pharmacist**. If needed, Tylenol or Extra-Strength Tylenol (Acetaminophen) may be used as it is not an NSAID.

- One month before surgery (or as close to one month as possible) STOP taking birth control pills, hormone replacement and other hormones to reduce the risk of blood clot formation. Please use alternate methods of birth control.
- Do not take Arnica Montana or Traumeel. There is no proven evidence it helps with post op bruising and it may in fact cause post-op bleeding.
- Nutritional Supplements to AVOID include: Bilberry, Cayenne, Echinacea, Feverfew, Fish oil, Garlic, Ginger, Ginkgo Biloba, Ginseng, Kava Kava, Valerian, Licorice Root, Ma Huang, St. John's Wort, Vitamin E, Yohimbe. or other herbs for 2 weeks prior to surgery (longer if possible) as they also can cause thinning of the blood.
- Take about 250-500 mg of Vitamin C per day for two weeks prior to surgery and 2 weeks after surgery. More is a waste.
- Smokers **MUST** quit smoking before surgery - smoking dramatically increases the risk of major complications of surgery and anesthesia such as severe respiratory complications, **skin death and increase risk of infection**. If you need assistance, such as nicotine patch treatment, please ask your family physician.
- No alcohol for 48 hours prior to surgery.
- Report any signs of a cold, infection, boils or pustules appearing within 1 week before surgery.
- Arrange for a responsible adult to drive you to your home, hotel or motel after surgery. If transport is needed a caregiver can be organized to assist you at an additional cost.
- **Have your prescriptions filled immediately after your pre-operative visit.** It is also advised to buy a stool softener, such as Senekot, as codeine pain medications cause constipation.
- Graval Suppositories may be helpful for nausea and vomiting post- operatively. Graval products can be purchased without a prescription.
- **Remove all jewelry**, body piercings including both internal and external. Jewelry may cause injury while moving from one bed to another and burns may occur from cautery equipment used during surgery.

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*It's about confidence.*



## **NOTHING TO EAT OR DRINK FROM MIDNIGHT THE NIGHT BEFORE SURGERY.**

**No gum, candy, or water please.**

**SURGERY and PICK-UP TIMES** are subject to **CHANGE**. We will attempt to give you notice **IF POSSIBLE**.

## DAY OF SURGERY

- Bring a non-underwire bra.
- No make-up. Do not use cream on face or body. Remove contact lenses. No nail polish on fingers nails and that includes gel and shellac.
- Do not take medication of any kind (unless instructed by Dr. Gelfant). If you have high blood pressure medication you may take it in the morning but only with a small sip of water.
- Wear comfortable, loose fitting clothes which do not have to be put on over your head. A top with a zipper up the front is best. No pantyhose, please.
- You must have a responsible adult to drive for you after surgery. They must pick you up from inside Cambie Surgery Centre which is located at 2836 Ash street.
- You must have a responsible adult spend the first night with you. Additional instructions and prescriptions can be given to the person calling for you. Such prescriptions should be filled promptly.

If you have any questions before your operation, please call our office Monday through Thursday between 9am and 5pm and Fridays between 9am and 2pm.

## AFTER YOUR SURGERY

- Rest during the first evening but try to get up walking as much as possible. You may need assistance to the bathroom.
- AVOID hunching your shoulders forward. If you have mid back pain use a rolled-up towel vertically under your spine when lying down.
- Take medications according to instructions on bottle. If taking strong narcotics, or if other pain medications make you feel "spacey" or drowsy, have someone else give you your medicines according to the proper time intervals. Under such circumstances you could forget and take them too often.
- The period of greatest discomfort is usually the day after surgery, and starts to decrease about two to three days later.
- Placing frozen peas or well- padded ice bags *under* the breasts often relieves discomfort significantly.



- All bandages & dressings may be removed after 24 hours except the tapes directly on the skin. Small amounts of blood oozing through the tapes is normal. Use gauze pads inside a bra without tape to pad, if you wish.
- Avoid smoking after your operation to prevent coughing and possible bleeding, as well as skin loss. Smoking can kill the nipple circulation.
- You may drive a car with power steering after 3 days, try a quick drive around the block with someone next to you in case of difficulty.
- Don't not sleep on you front for two weeks, you may only sleep on your back or side. Getting in and out of bed the first few days may be difficult.
- Avoid prolonged exposure to sun and heat for 2 months.
- Bathing: You may shower or sponge bath after your first office visit once Dr. Gelfant has removed the bulky dressing. The tape used on the incisions is breathable (not waterproof) and dries quickly. Dr. Gelfant will instruct you to change the tape at intervals for 6-12 weeks.
- No alcohol while taking medication post-operatively.
- Strenuous exercise (e.g. golf, tennis, swimming) may be resumed gradually.
- If you are planning to use cannabinoids (marijuana etc.) because you feel they may be helpful in pain control ***please discuss with Dr. Gelfant***

Infection is a very rare complication of any surgery:

- Occasionally there is an initial skin breakdown along the incision, there may be some fluid on dressing or tape. Do not be alarmed. Please notify us and we will discuss management.
- If you develop a fever with a temperature of over 38 degrees C or spreading redness and rapidly increasing pain should prompt immediate medical attention.

**Call 874-2078 (24/7) After hours we have an answering service they will reach either Dr. Gelfant or his alternate on call))** if you have:

- Severe pain not responding to pain medicine.
- Sudden onset of much more swelling and/or pain on one side than the other.
- Sudden bleeding
- If any other question or problem arises.

**You can expect:**

- Moderate discomfort - use pain medication and/or cool compresses
- Moderate swelling
- Slight bleeding the 1st night or 2
- Some bleeding from wound edges
- To feel tired and sleepy for first 5-7 days

Feel free to call upon us at any time. If you need assistance after office hours please call the office (604-874-2078) and leave a message with the answering service and they will contact Dr. Gelfant directly.

**We want you to be as comfortable as possible during your healing period.**



## OFFICE VISITS

- First Visit: The first day the office is open following surgery, or the day after.
- Second Visit: 1 to 1- 1/2 weeks following surgery.
- Subsequent Visits: Will be determined by Dr. Gelfant, usually four to six weeks later, then six months and one year after surgery.

### **ASA or anti-inflammatory containing drugs (NSAIDs) If in doubt, ASK!!**

(\*i.e., Anacin, ASA, Bufferin, Calmine, Coricidin, Coryphen, Dolomine, Dristan Capsules, Entrophen, Herbopyrine, Instantine, Kalmex, Madelon, MED Tigol, Midol, Nervine, Nezgar Norgesic, Novasen, Novo AC&C, Pain AID, Robaxisal, 217, 222, 282, 292's, Upsarin. Also AC with codeine, Asantine, Coryphen, Darvon products, Endodan, Fiorinal, Novopropoxyn, Oxycodan, Painex, Percodan, Phenaphen, Robaxisal, 692, Tecnal, 282's, 292's, Artrol, Trilisate, Diclofenac, (Apo-Diclo, ApoDiclo SR, Arthrotec, Diclofenac, Ect, Novo-Difenac, Novo-Difenac SR, Nu-Diclo, Taro Diclofenac, Voltaren, Voltaren SR), Diclofenac potassium, (Voltaren Rapide), Diflunisal (Apo-Diflunisal, Dolobid, Novo-Diflunasil, Nu-Diflunisal), Etodolac (Ultradol), Fenoprofen Calcium, (Nalfon), Floctafenine (Idarac), Flurbiprofen (Anacad, Apoflurbiprophen FC, Froben, Froben SR, Novo-Flurprofen, Nu-flurbiprofen), Ibuprofen (Actiprofen, Advil, Advil Cold and Sinus, Amersol, Apo-Ibuprofen, Exedrin, IB, Medipren, Motrin, Motrin IB, Novo-Profen, Nuprin, Nu-Ibuprofen, Sinus PR & Pain reliever with Ibuprofen), Indomethacin, Apo-Indomethacin, Indocid, Indocid SR, Indolec, Nov-Methacin, Nu-Indo, Pro-Indo, Rhodacine (Ketroprofen), Apo-Keto, Apo-Keto-E, Novo-Keto, Novo-Keto-Ec, Nu-Ketroprofen, Nu-Ketroprofen-E, Orudis, Orudis-E, Orudis-SR, Oruvail, (PMS-Ketoprofen, PMS-Ketoprofen-E, Rhodis, Rhodis-EC), Ketorolac tromethamine (Acular, Toradol), Magnesium Salicylate (Back-Ese-M, Doan's Backache pills, Herbogesic), Mefenamic Acid (Ponstan) Nabumetone (Relafen), Naproxen (Apo-Naproxen, Naprosyn, Naprosyn-E, Naxen, Novo-Naprox, Nu-Naprox, PMS-Naproxen), Naproxen Sodium, anaprox, anaprox DS, Apo-Napro-Na, Naproxin-NA, Novo-Naprox Sodium, Synflex, Synflex DS. Oxyphenbutazone, Oxybutazone, Phenylbutazone, Alka Phenyl, Alka Phenylbutazone, Apo-Phenylbutazone, Butazolidin, Novo-Butazone, Phenylone Plus, Piroxicam, Feldene, Kenral-Piroxicam, Nova-Pirocam, Nu-Pirox, PMS-Piroxicam, Pro-Piroxicam, Rho-Piroxicam, Salsalate, Disalcid, Sodium Salicylate, Dodd's, Dodd's Extra Strength, Sulindac, Apo-Sulin, Clinoril, Nova-Sundac, Nu-Sulindac, Sulindac, Tenoxicam, Mobilflex, Tiaprofenicacid, Albert Tiafen, Apo-Tiaprofenic, Surgam, Surgam SR, Tolmetin sodium, Novo-Tolmetin, Tolectin