



# Mastopexy (Breast Lift) Surgery Instructions

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

## ▶ BEFORE YOUR SURGERY

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*Before taking any medication READ THIS!*

- No aspirin (ASA) or anti-inflammatory medicine. Nothing containing aspirin like products\* (“NSAIDS”) for two weeks before surgery since it interferes with normal blood clotting. Check the list at the end of these instructions for NSAID contained products **and if in doubt, call a pharmacist**. If needed, Tylenol or Extra-Strength Tylenol (Acetaminophen) may be used, as it is not NSAID related.
- **Two weeks before surgery STOP talking birth control pills, hormone replacement and other hormones** to reduce the risk of blood clot formation. Please use alternate methods of birth control. You may restart your birth control two weeks after surgery.
- Do not take Arnica Montana or Traumeel.
- Stop all nutritional supplements and nutraceuticals two weeks before surgery.
- Take 250-500 mg of Vitamin C per day for two weeks prior to surgery and for two weeks after surgery.
- Smokers should quit smoking before surgery – smoking dramatically increases the risk of major complications of surgery and anesthesia such as severe respiratory complications, skin death and increases the risk of infection. If you need assistance, such as a nicotine patch treatment, please ask your family physician.
- No alcohol for 48 hours prior to surgery.
- Report any signs of a cold, an infection, a boil or a pustule appearing within 1 week of surgery.
- Arrange for a responsible adult to drive you to your home, hotel or accommodation. If transport is needed a caregiver can be organized for you at an additional cost.
- **Have your prescriptions filled immediately after your pre-operative visit.** It is also advised to get a stool softener, such as Senekot, as codeine pain medications cause constipation.
  - My suggestion is that you take the recommended narcotic/ Tylenol combination and plan a diet with lots of bananas, stewed prunes and raisins along with a stool softener.
- 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.



- If you are planning on using any cannabis products (marijuana, etc.) because you feel they may be helpful in pain control please discuss with Dr. Gelfant.

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

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

### **▶ DAY OF SURGERY**

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- No make-up. Do not use cream on face or body. Remove contact lenses. No nail polish on fingernails 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.
- You must have a responsible adult to drive for you after surgery. They must pick you up from inside Cambie Surgery Centre.
- You must have a responsible adult spend the first night with you. Additional instructions and prescriptions can be given to the person caring for you. Such prescriptions should be filled promptly.

***If you have any questions before your operation, please call our office Monday through Thursday 9am to 5pm and Fridays 8am to 2pm.***

### **▶ AFTER YOUR SURGERY**

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- Rest during the 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. There are a range of motion exercises that are very helpful in reducing muscle spasm.
- Take medications as needed according to instructions on the 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.
- The period of greatest discomfort is usually the day after surgery and starts to decrease about two days after.
- Placing frozen peas or well-padded ice bags under the breasts often relieves discomfort significantly.



- Infection is a very rare complication of any surgery. Occasionally there is an initial skin breakdown along the incision, and there may be some fluid on the dressing of tape. This is no cause to be alarmed. If you develop a fever with a temperature exceeding 38 degrees Celsius call us.
- **Call 604-874-2078 after hours as we have a 24-hour answering service. They will reach either Dr. Gelfant or his alternate who is on call if you have:**
  - Severe pain not responding to pain medicine
  - The bandages seem too tight
  - Sudden onset of extreme swelling and or pain on one side more than the other
  - If any other questions or problems arise
- All bandages and dressings may be removed after 24 hours except the tape 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.
- You may drive a car with power steering after 1 week. Try a quick drive around the block with someone next to you in case of difficulty.
- You will find sleeping on your back or side most comfortable. Do not sleep on your stomach for at least 2 weeks post-surgery. 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 waterproof. Dr. Gelfant will instruct you when the tape can be removed. Avoid direct water pressure on breasts.
- Strenuous exercise may be resumed after 3 weeks.
- No alcohol while taking medication post-operatively.
- **You can expect:**
  - Moderate discomfort – use pain medication and cool compresses
  - Moderate swelling
  - Slight bleeding night 1 and 2
  - Some bleeding from wound edges
  - To feel tired for the 1st week

***We want you to be as comfortable as possible during your healing period. Please call us at any time.***



## ▶ 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: To be determined by Dr. Gelfant, usually 4 to 6 weeks later, then 6 months and 1-year post surgery.

### **ASA or anti-inflammatory containing drugs:**

\*i.e., Anacin, ASA, Bufferin, Calmine, Coricidin, Coryphen, Dolomine, Dristan Capsules, Entrophen, Herbopyrine, Instantine, Kalmex, Madelon, MED Tigol, Midol, Nervine, Nezgar Norgestic, 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, Herbogestic), 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