



DES MOINES  
PLASTIC  
SURGERY  
DAVID ROBBINS, M.D.

## Mastopexy Post-Op Instructions

1. Arrange to have someone at home with you during the first **24 hours** post-operatively and have them **review** these instructions.
2. **After 24 hours**, you may remove and dispose of the gauze dressings and shower. Pat tape dry after showering, and replace surgical bra. Wear this at **all times for 4 weeks**. No underwire bra until released by Dr. Robbins.
3. Monitor nipple color, should remain pink or your normal color. Breast sensation can be heightened/very sensitive or dull/ decreased for a few weeks to months after surgery. This should return to normal.
4. No lifting more than **20 pounds for 4 weeks**. **No exercise or anything strenuous for 4 weeks**. **You may walk leisurely only**.
5. Rest in a semi- reclining position for 1 week.
6. You may experience **moderate pain** for 1-2 weeks. You have been given a prescription for narcotic pain medication to take **as needed**. You may take **1 pain pill every 4 hours or 2 pain pills every 6 hours as needed for pain with food; DO NOT take these with Tylenol**. These medications may make you drowsy. Do not drive a car while taking these. **Do not take Advil/Motrin/Aspirin/Aleve/Excedrin for 3 days**. **After 3 days**, you can take Ibuprofen (Motrin) 600mg- 800mg every 8 hours as needed for pain with food. Do not take Ibuprofen if you have an allergy to NSAIDS, have stomach ulcers, or kidney disease.
7. You may experience nausea. Crackers, toast, and other bland foods are recommended to be eaten first, advance your diet as tolerated. A well-balanced diet is important for the healing process. **If your nausea is severe and you are unable to keep any fluids or medications down, please contact Dr. Robbins**. You may also experience constipation from the pain medication. Try eating high fiber foods and drinking lots of water. You may also use OTC remedies such as laxatives, fiber, stool softeners, or enemas as needed.
8. Expect the breasts to become very swollen and unnatural in appearance. **This is normal**. Both breasts should be equally swollen. **If one breast is significantly more swollen than the other side, contact Dr. Robbins**. They will change and become more natural in appearance over the next several months.
9. Do not lay in bed for extended periods of time. Get up and move around every 2 hours to improve circulation. It is important to stay well hydrated.
10. **\*\*\* Please have whoever is caring for you read these instructions\*\*\***

If you have any questions or concerns, do not hesitate to call us! Office hours are M-F 8am- 5pm. After hours and weekends, please call **515- 221-9999**, Dr. Robbins will return your call.