



INLAND INSTITUTE

ORAL AND MAXILLO-FACIAL SURGERY
COSMETIC SURGERY

1333 E. Foothill Boulevard, Suite 1 ❖ Upland, CA 91786
Phone (909) 982-8888

Breast Reduction and Mastopexy (Breast Lift)

Dressing - Tape is to remain on the breasts for seven days. If edges start to come loose, they may be trimmed as needed. We will remove the tape at your one week follow-up visit. You should shower daily and lather the tape with soap and water, but do not submerge the incisions in water. The tape can be dried by blotting with a dry towel or by using a hairdryer at a low setting (do not use the heat setting). Your bra should be washed and dried daily to avoid infection.

Sutures - Dissolve usually in about two weeks. If skin staples are used, they will be removed in about seven days.

Wound Care - Tape should be cleaned daily in the shower by lathering with soap and water. The tape can be dried by blotting with a dry towel or using a hairdryer at a low setting (do not use the heat setting). After the tape is removed, the incisions are to be cleaned with diluted peroxide and coated with antibiotic ointment or scarguard as instructed.

Activity - Sleep with the head of the bed elevated 30-45 degrees for one week. Increase activity as tolerated with no heavy exercise or lifting for at least two weeks. Do not lift anything more than 5 lbs the first week. Do not lift anything more than 10lbs the second week. No bouncing activity for 6 weeks (eg. Jogging, Horseback riding). Avoid driving while still taking prescription pain medication.

Special Instructions - Wear your support bra until instructed otherwise. Once instructed, you may begin wearing a sports bra or bra without underwires. You may not be able to wear a bra with underwires for up to six months.

What to expect - Swelling, bruising and some bloody drainage is normal. As numbness subsides, it is common to feel tingling or sharp sensations. These sensations will eventually go away, however it may take months to resolve.

Signs of Hematoma - Painful extreme swelling and hardness sometimes accompanied by bruising, usually unilateral causing asymmetry. Please notify us if you have any symptoms or concerns.

Drain care - If drains are used they will be left in until there is minimal drainage to be decided at your one week appointment. Antibiotics must be taken as long as drains are in, so call if you run out of antibiotics.

Please Purchase these items from your local drug store before surgery

Maxipads (to cover incision sites and absorb drainage) Prescription medication
