



Mandell-Brown Plastic Surgery Center

Dr. Mark Mandell-Brown

Mastopexy (Breast Lift)

Preparing for Surgery

Starting Now:

- **STOP SMOKING:** Smoking reduces circulation to the skin and impedes healing.
- **TAKE MULTIVITAMINS:** You will be given a B complex with C to take seven days following your surgery. Avoid supplements with Vitamin E, garlic and fish oil.
- **DO NOT TAKE ASPIRIN OR IBUPROFEN:** Stop taking medications containing aspirin or ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully. Such drugs can cause bleeding problems during and after surgery. Instead use medications containing acetaminophen (such as Tylenol).
- **FILL YOUR PRESCRIPTIONS:** Medication prescriptions will be mailed after payment is received in full. Please have them filled BEFORE the day of surgery and bring them with you.
- **CONFIRM SURGERY TIME:** Our office will call you the day before surgery to confirm your arrival time. If you are not going to be at home please let us know the best way to reach you.

The Day Before Surgery:

- **PRESCRIPTIONS:** Make sure that you have filled the prescriptions you were given and set the medications out to bring with you to the surgery center.
- **CLEANSING:** The night before surgery, shower and wash the surgical areas with Hibiclens Soap.
- **EATING AND DRINKING:** Do not eat, drink or chew anything after 12:00 midnight. This includes water and chewing gum.

The Morning of Surgery:

- **SPECIAL INFORMATION:** If you take daily medication you make take it with a sip of water in the early morning.
- **ORAL HYGIENE:** You may brush your teeth but do not swallow the water.
- **CLEANSING:** Shower and wash the surgical areas again with Hibiclens soap.
- **MAKE-UP:** Please do not wear moisturizers, creams, lotions, or makeup..
- **CLOTHING:** Wear only comfortable, loose-fitting clothing that does not go over your head. Remove hairpins, wigs, and jewelry. Please do not bring valuables with you.

Going To Our Operating Room

The Operating Suite:

Mandell-Brown Plastic Surgery Center

10735 Montgomery
Cincinnati, Ohio 45242
513/984-4700

www.theplasticsurgeryexperts.com

- Going to the operating room is not a normal experience for most of us. Dr. Mandell-Brown and all of the professional staff caring for you recognize the natural anxiety with which most patients approach this step on the process of achieving their goals.
- Your surgery will be performed here at the Mandell-Brown Plastic Surgery Center in our state-of-art operating suite. Specialists using modern equipment and techniques will attend to you. The team includes a certified anesthetist when applicable and registered nurses, who are ACLS certified.
- When you arrive at the Mandell-Brown Plastic Surgery Center, you will be escorted to the preoperative suite. You will be asked to change into a gown and will be given foot covers and head cover. Dr. Mandell-Brown will meet with you before you enter the operating suite. This is the time for final surgical planning; it is also when we will do basic preparation or draw on your skin as needed. There will be time for last minute questions.
- Once you enter the operating room. The staff will do everything they can to make you feel secure. You will feel comfortable on our deeply padded operating table. At the same time, to ensure your safety, our staff will connect you to monitoring devices. We will start an intravenous drip (IV) in your arm and you will be given your preoperative medications. Medicines that will make you drowsy will flow through the tubing into a vein in your arm.

The Recovery Room:

- When your surgery has been completed and your dressings are in place, you will be moved to the recovery room where you will be continually monitored. During this period, a fully trained recovery room nurse will take care of you and remain with you. The recovery room is equipped just like one in a hospital, and is one of the reasons the Mandell-Brown Plastic Surgery Center is fully accredited.
- Your stay in the recovery room will last from 30-90 minutes, depending on how soon you are ready to leave. Most patients are fully awake within minutes after surgery, but may not remember much about their stay in the recovery room.

Post Surgery:

- **AT HOME:** You must arrange for someone to transfer you to and from the surgery center. A family member, a friend, or a nurse must remain with you the first night after surgery because you will have been sedated.

Mastopexy (Breast Lift) Post-Operative Instructions

Your First 48 Hours:

- **VERY IMPORTANT:** If you have excessive bleeding or pain, call the office at (513) 984-4700 day or night.

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- **YOUR FIRST 24 HOURS:** If you are going home, a family member or friend must drive you because you have been sedated. Someone should stay with you. If you have any questions, please ask one of our nursing staff.
- **DRESSINGS:** Keep your dressings as clean and dry as possible. Do not remove them unless instructed to do so.
- **ACTIVITY:** Take it easy and pamper yourself. Try to avoid any straining. You may go to the bathroom, sit and watch TV, etc., but **NO MATTER HOW GOOD YOU FEEL, DO NOT CLEAN THE HOUSE, REARRANGE THE ATTIC, ETC.!** We do not want you to bleed and cause any more swelling and bruising than is expected. Avoid heavy lifting and straining for two weeks minimum. You may do normal activities at any time if they do not cause pain or discomfort. Let your body tell you what you can do or not do. Avoid lifting children, pet or any heavy objects (over 10 pounds) for 8-10 days.
- **Patients should do ankle pumps 10 times each ankle 4 times an hour while awake to prevent Deep Vein Thrombosis in legs. Also patients should wear Knee High TED hose until you resume regular activity.**
- **DIET:** If you have any postoperative nausea, carbonated beverages and dry crackers may soothe the stomach. If the nausea is severe, call our office. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to regular diet.
- **SMOKING:** smoking reduces capillary flow in your skin, impedes healing and increases risk of wound complications. We advise you not to smoke at all during the first 10 days after surgery and if possible, stop smoking 2 weeks prior to surgery.
- **ALCOHOL:** Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.
- **POST OPERATIVE APPOINTMENTS:** It is very important that you follow the schedule of appointments we establish after surgery.

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- **Position:** During the first six weeks sleep on your back and not on your side or abdomen.

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- **Sutures:** Majority of the sutures are placed under the level of the skin and are dissolvable. However, several sutures may also be placed through the skin. These sutures will be removed at approximately 7-10 days following your surgery.
- **Showering and Bathing:** You may shower, however keep the breast area dry as long as dressings or tapes are in place. Avoid full submersion of the surgical area for at least 2 weeks.
- **Exposure to Sunlight:** Scars take at least one year to fade completely. During this time, you must protect them from the sun. Even through a bathing suit, a good deal of sunlight can reach the skin and cause damage. Wear a sunscreen with a skin-protection factor (SPF) of at least 30 at all times when in the sunshine. Be extremely careful if areas of your breast skin have reduced sensitivity.
- **Exercise:** You should be resting the remainder of the day of surgery. You may want to sleep in a recliner or lounge chair. You may need assistance getting up or down. After three days, all normal activities may be resumed, except for strenuous exercise. Minimize upper body exercises for at least 4 weeks. Avoid raising your arms, lifting children or heavy objects for 8-10 days. (No more than 10 pounds).
- **Driving:** You may drive when driving does not cause pain and you are no longer taking pain medication.

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