

After “Mommy Makeover” Instructions Abdominoplasty, Breast Augmentation, Mastopexy, Liposuction

It is very important that you **do not smoke, do not wear a nicotine patch, or do not chew nicotine gum** in the first 3 weeks after surgery. Severe scarring may result from failure to observe this precaution.

Medications: (you may be given all or some of the following medications depending on your surgery)

- Percocet: You may take it every 4 hours as needed. Do not drive a vehicle or operate heavy machinery while using this medication.
- Zofran: In the event that you experience nausea or vomiting, take this medicine. While you may not need it, it is advisable to fill the prescription just in case.
- Colace: Your pain medicine can cause constipation, and excess strain and pressure can not only be unpleasant, but may hurt your incisions. Please take this while on the Pain Medication.
- Zanaflex: This will help relax the muscles involved in your procedure, which will also help with pain control.

Although you have been given a prescription for pain medication, you may only need regular Tylenol or Ibuprofen and should try it first. If your stomach becomes irritated or upset, stop the medication. **Do not use aspirin containing products which may increase your chances of bleeding complications.**

Abdominoplasty

Surgical site care:

- Please have someone available to drive you home from the office and remain with you the first night after surgery. You do not, however, need medical care, only "TLC."
- You may remove bandages the day after your surgery.
- You may shower after your bandages are removed. Do not allow direct high pressure shower spray to hit incisions. Do not soak incisions.
- Wash incisions and drain sites once a day with soap and water.
- Leave steristrips in place. Do not remove the steristrips.
- Place new, dry gauze bandages and tape over the incisions if needed. Avoid tight clothing.
- Slight signs of blood may show on the bandages and this is normal.

Drain care (if used):

- Empty and record drainage from drains every 12 hours. A drain will not be removed until there is less than 30ml of output from the drain in a 24 hour period.
- Your drain will be removed typically after 7-10 days.

Breast Augmentation

Surgical site care:

- You may remove bandages the morning after your procedure.
- After bandages are removed you may...
 - Remove gauze, shower gently and pat dry.
 - Do not allow direct high pressure shower spray to hit incisions.
 - Do not soak incisions.
 - Leave steristrips in place.
 - Wear bra 23 hours a day for one month (to support the breasts).

Mastopexy (Breast Lift)

Surgical site care:

- You may remove bandages the morning after your procedure.
- After bandages are removed you may...
 - Remove gauze, shower gently and pat dry.
 - Do not allow direct high pressure shower spray to hit incisions.
 - Do not soak incisions.
 - Leave steristrips in place.
 - Use fluffed gauze to support breasts inside bra to push them toward the middle (fluffs go along outer edge of each breast.)
 - Wear bra 23 hours a day for one month (to support the breasts).

Liposuction

Surgical site care:

- You will be provided a garment and will wear that the night of your procedure. You can change absorbent pads as needed.
- You will have pink tinged fluid express from your incisions. This is normal.
- You will be able to remove your garment and dressings the day after your surgery.
- Once your garment and dressing are removed you may...
 - Shower gently and pat dry.
 - Do not allow direct high pressure shower spray to hit incisions.
 - Do not soak incisions.
 - Leave steristrips in place. It is okay to shower with the steristrips.
- Place new, dry gauze bandages over the incisions if needed.
- Wear the compression garment provided 23 hours a day for the first 2 weeks.
- The garment can be machine washed and dried.
- After 2 weeks you may use lighter compression (Spanx®, UnderArmour®). This will help reduce any swelling you may have experienced.

***If you are unable to wear the provided compression garment you may use lighter compression earlier than 2 weeks. Wearing some type of compression during the first month is highly encouraged to achieve the best results after your procedure. ***

Activities:

- You may experience some pain and discomfort for 3 to 4 weeks, although it should decrease considerably from the first 1 to 2 days.
- You may experience some numbness around the incision line that will diminish with time.
- Rest with your head of the bed at about 30° elevation, especially when you sleep.
- No heavy lifting for four (4) weeks. Do not push, pull or lift anything heavy (over 20lbs) for 6 weeks.
- You may ambulate the night of your procedure. Walk with assistance to the bathroom, living room, etc. starting the night of your procedure. You are not on bed rest.
- You may want to walk with the abdomen bent to relieve stress in the abdominal muscles and incisions. Avoid stretching.
- Plan your daily activities to minimize the number of times you will have to go up and down the stairs.
- Avoid strenuous activity, getting overheated or sunbathing for three weeks. Avoid blowing your nose, coughing, straining, or raising your blood pressure.
- Do not engage in sexual activity for a minimum of two weeks after surgery.

Return to Particular Activities

- 2 weeks after surgery: may begin walking
- 4 weeks after surgery: may begin light upper body weight lifting
- 6-8 weeks after surgery: may begin abdominal workouts, squats, core strengthening
- 3 months after surgery: may begin pull-ups and back bend exercise
- Slowly graduate into yoga activities (do not stretch yourself out too fast).
- Avoid quick, hard movements that could break a suture or tear the incision apart. Avoid excessive lifting that can cause increased pressure and possible bleeding.
- Avoid excessive downward pressure. Remember that your body is not used to the new weight of your breasts and we don't want the implant to move down past the incision line.

Diet:

- As tolerated, No restrictions.
- We would recommend you start resuming your normal diet gradually. Start with thin or thick liquids and advance to a general diet as tolerated.
- Drink plenty of water (eight 8-ounce glasses/day).
- Do not drink any alcoholic beverages for 3 days. Never drink alcoholic beverages while on prescribed pain medication.

Follow-up appointments:

- 1-3 days after surgery: Quick check after surgery.

- 2 weeks after surgery: Your steri strips will be removed at this time. After your steri strips are removed you may start using scar cream. You may also use regular moisturizer on your incisions. Be sure to apply sunscreen to your incisions to help prevent pigmentation issues. Continue wearing your compression garment as needed to help with swelling.
- 2 months after surgery: Quick check to look at implant position and body contour once the swelling is resolved. We recommend bra shopping at this time.
- 6 months after surgery: Final check to make sure everything looks great!

Watch for the following signs and symptoms, and notify office immediately if these occur:

- Fever or blistering.
- Redness that looks like sunburn, tenderness or warmth in the area of redness.
- Sudden increase in one-sided pain.
- Swelling that is much greater on one side.
- Bruising is **NORMAL**.

Please call the office if you have any questions.