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**MASTOPEXY (BREAST LIFT) AFTER-CARE INSTRUCTIONS**

**INTRO:**

Congratulations on your decision to get mastopexy (a breast lift). These after-care instructions, along with our office staff, will help guide you through your recovery process. It is crucial that you and your caretakers **read through these instructions both *BEFORE AND AFTER SURGERY***.

**GENERAL INFORMATION:**

When women have children, fluctuations of weight, or just as part of the aging process, the breasts can develop a drooping appearance. When associated with breast feeding, the breasts decrease in size and is known as “postpartum involution”. If the size is adequate, a lift is frequently necessary to restore the shape of the breast.

Mastopexy refers to lifting and reshaping of the breast without necessarily reducing or increasing breast size. The operation involves a rearrangement of the breast tissue, shifting the nipple position and increasing the firmness by tightening the skin. Mastopexy alone does not increase the size of the breasts. However, the breast often appears larger when it is positioned into one place, rather than being distributed over the chest wall. If an increase in size is desired, the procedure may be combined with the insertion of breast implants.

**HAVE CARETAKER WITH YOU:**

- Following your procedure, have an adult caretaker stay with you for the first 24-48 hours. You will be drowsy from the anesthesia and will not be able to drive for at least 24 hours.

**GROOMING:**

- Showering is usually permitted after 72 hours.
- Do not allow water from the showerhead to hit your chest directly.
- Do not attempt to peel off the steri-strips. The nurse will change them 5-6 days after surgery.
- Soaking in a bathtub is not recommended for two to three weeks.

**PAIN AND PAIN MEDICATION:**

- Take pain medication with food.
- Vicodin (Hydrocodone + Acetaminophen) or Percocet (Oxycodone + Acetaminophen) should be taken as directed:
  - Mild to moderate pain: 1 tablet every 4-6 hours
  - Severe pain: 2 tablets every 4-6 hours
- If your pain is mild, you may opt to take Tylenol (Acetaminophen) 1000 mg every 8 hours (which is 2 tablets of the Extra Strength Tylenol purchased over-the-counter).
- Take a stool softener, such as Colace, while taking pain medication to help prevent constipation.
- DO NOT DRIVE WHILE TAKING PAIN MEDICATION.
- DO NOT DRINK ALCOHOL WHILE TAKING PAIN MEDICATIONS.
- Take pain medication only if needed. The quicker you can wean off the pain medications, the better you will feel and heal.

### **SUPPLEMENTS:**

- Do not take aspirin (or products containing aspirin) for 10 days after the procedure.
- Do not take herbal supplements (vitamin E, fish oil, hormone replacements) for 10 days after the procedure.
- An adequate diet with vitamin supplements, especially vitamin C, is recommended.
- Phentermine or appetite suppressants should not be taken until 6 weeks after the procedure since they increase heart rate and blood pressure which could interfere with your recovery.

### **DO NOT SMOKE:**

- This is very important because smoking (tobacco, marijuana, or vapes) can result in a lack of blood supply to the tissues and fat, causing the tissue to die or delayed healing.
- Smoking can resume 4 weeks after surgery if there are no other complications present.

### **POSITIONING/SLEEPING:**

- Avoid lying on your abdomen for two weeks.
- Sleep on your back with your head elevated at a 45° angle for one week after your procedure. Keep a pillow under each arm, and a pillow under your knees.
- It is common for your hands and feet to swell the first couple weeks after procedure. To reduce swelling, it helps to elevate your arms and legs with pillows when you are lying or sitting.

### **DIET:**

- A light diet is best after surgery. Start with liquids and progress to soft foods like soups and Jell-O.
- Stay on a soft diet with high protein for 2-3 days following the procedure. Avoid spicy foods, sugar-free sweeteners, and carbonated drinks to reduce gas, bloating and nausea.

### **ACTIVITIES:**

- The first week you should plan on remaining relatively at rest at home. Patients who are too vigorous frequently develop complications.
- The second and third week you may gradually resume activity (easy walk, a casual dinner, go out to a movie).
- Refrain from any activity that would raise your blood pressure and compromise the healing incisions and newly developing blood supply for the first couple of weeks.
- After four weeks gradual resumption of light athletic activities is allowed, but no weight training.
- At six weeks you may resume all previous activities with clearance from Dr. Moelleken. Avoid sun exposure to incision site for six months following surgery, as this may result in a hyperpigmented scar.

### **EXPECTATIONS:**

- Post-operatively the patient is encouraged to ambulate soon after surgery with frequent periods of rest.
- Social and work activities should be quite limited for two to three weeks after surgery. If your job requires lifting, pushing, etc., a longer recuperation period may be necessary.
- Driving should be avoided for one week after surgery.
- Swelling usually occurs but begins to subside by the third or fourth day. Some degree of swelling may persist for weeks or even months.
- During this early healing phase, there is swelling, and the patient must rest and avoid all strenuous activities.
- A surgical bra is applied at the time of surgery and is left in place for two weeks after the operation.
- Steri-strips covering all incisions are removed and replaced by the nurse 5-6 days after surgery.

- After two weeks, a comfortable sports bra can be worn. Avoid wearing underwire bras that would create too much pressure on incisions.

**FOLLOW-UP APPOINTMENTS:**

- Every patient heals at different rates, but typically you will be seen one week after your procedure and again at 6 weeks.
- The purpose of these appointments is to check your healing progress.
- Please call to schedule your appointments. The Beverly Hills office phone number is (310) 273-1001 and the Santa Barbara office phone number is (805) 898-9299.

**QUESTIONS & CONCERNS:**

- If you have questions or concerns regarding your procedure, please email Monique at [monique@drbrent.com](mailto:monique@drbrent.com) or email Dr. Brent Moelleken at [drbrent@drbrent.com](mailto:drbrent@drbrent.com).
- Please call the office at (310) 273-1001 if you have increased pain at surgical incision sites, redness, sudden swelling, warmth, pus, drainage, or a fever greater than 101.5°F.
- Please visit an emergency room or call 911 if you have shortness of breath or leg swelling with pain to rule out a pulmonary embolism or blood clot which could be deadly if left untreated.

**HELPFUL ITEMS TO PURCHASE BEFORE SURGERY:**

- \_\_\_ Keflex – antibiotic
- \_\_\_ Pain medications (prescription, if needed and over-the counter)
- \_\_\_ Stool Softener (i.e., Colace) to aid with any constipation from pain medication
- \_\_\_ Pillow wedge or extra pillows (to keep head at a 45° angle)
- \_\_\_ Thermometer (monitor your temperature after surgery and make sure it stays below 101.5°F)
- \_\_\_ Additional compression bra to wear while washing the one you are sent home with from surgery
- \_\_\_ Comfortable sports bra with front closure (NO underwire bras) to wear two weeks after surgery

**ADDITIONAL POST-OP NOTES:**

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