

Bonnie J. Baldwin, M.D.
Aesthetic and Reconstructive Surgery
Office (713) 791-1975
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MASTOPEXY POST-OPERATIVE INSTRUCTIONS

1. After surgery you will be wearing a surgical bra with a gauze dressing for 1 to 2 days. At your first post-operative office visit the gauze dressing will be removed. The surgical bra should be worn for a minimum of 2 weeks. You may then wear a camisole or sports bra for comfort and support for the next 4 weeks. **Avoid** underwire bras as these may irritate the healing incision sites.
2. Sleep with your upper body elevated or on several pillows to reduce swelling for the first week.
3. You will have sutures in place under the skin surface with a few suture knots visible. Steri-strips will cover the incisions. These steri-strips will be removed and the suture knots will be trimmed in the office at the 3-week post-op visit.
4. No excessive lifting, pushing or pulling for 4 to 6 weeks.
5. No exercise for 6 weeks to prevent additional swelling, bruising or stress on incisions.
6. You may drive at 4 to 5 days, if you **are not** taking pain medication.
7. Take your medication as prescribed by Dr. Baldwin.
8. You will be required to follow-up in our office after surgery to monitor your progress and to ensure the best possible result.
9. Please immediately report an elevation in temperature, sudden swelling or discoloration of the surgical sites, excessive bleeding or discharge from the incision sites or signs of infection.
10. We want your aesthetic surgery experience to be a positive one. Should you have further questions please contact the office during office hours, Monday through Thursday 8:30 A.M. until 4:30 P.M. and Friday 8:30 A.M. until 1:00 P.M. Afteroffice hours the answering service will direct your call to Dr. Baldwin or her associate.