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BREAST MASTOPEXY (BREAST LIFT)

Before we can proceed with your rhinoplasty, we will need to complete the following:

-During your initial consultation you and Dr. Barone will discuss the best options for you and you will obtain a price quote for your surgery.

-You will be instructed to refrain from **Aspirin** or **Aspirin containing products**, such as **Advil, Motrin, Alka Seltzer, Bufferin, Dristan, Excedrin, and Midol**. You will also need to refrain from **Vitamin E, St. John Wort, Ginseng, and Ginko Biloba** for **AT LEAST 2-3 weeks prior to surgery** as these can cause more bleeding during surgery. For pain and discomfort, use Tylenol only.

-You may be instructed to obtain a baseline mammogram. If you need a mammogram, we will set a second consultation for you after the mammogram has been performed. **Mammogram results may be faxed to us at (210)614-0400.**

-You will be instructed to refrain from eating, drinking anything after midnight the night before your surgery.

-Approximately one to two weeks prior to your surgery, you will return to clinic for your pre-operative appointment. During this appointment, you will be given pre-op instructions and Dr. Barone will go over all consents with you. All outstanding surgery fees will be due at or prior to this appointment.

-You will need to make arrangements to have someone bring you the day of the surgery and take you home after the procedure.

-You should anticipate being **off work for at least 1-2 weeks after surgery.**

-The morning of your surgery, Dr. Barone will draw marks on your breasts, which are necessary in planning the incisions for surgery.

-You will have a big bulky dressing around your chest after surgery, which will be removed the day after your surgery in the clinic.

-You will be seen the next day in the clinic for a post operative appointment at 2:30 p.m., unless instructed otherwise. If you have any questions or concerns regarding this appointment please call us at (210)614-0040



-You will be sent home with a prescription for pain medication. Take as needed. You cannot drive a car while you are taking the narcotics. If you feel you do not need narcotics for pain, you may use extra-strength Tylenol.

AFTER YOUR BREAST MASTOPEXY

-You will be contacted by Dr. Barone by the evening of your surgery. Please be sure that she has your correct contact information.

-You will be sent home with a prescription for antibiotics. Please take the entire course as prescribed.

-Dr. Barone will instruct you as to when you can shower. You will be given further instructions to use your hair dryer on a cool setting to dry the steri-strips each time you shower. This prevents the skin from getting macerated.

-Most of the time absorbable sutures will be used and do not need to be removed.

-You will have restricted activity for **SIX weeks after your surgery**. You will not be able to lift anything >10 pounds during this time and will be asked to refrain from vigorous exercise.

-Your breasts may be swollen and bruised after your surgery for several weeks. This swelling is normal and will disappear with time. **You may ice them for the first 72 hours.** (Use frozen corn gently around your breast)

-You may feel best sleeping in a recliner for the first few days.

CALL THE DOCTOR FOR:

-If any redness or drainage forms around the incisions after the dressing is removed.

-If the skin is "hot to the touch" around the incisions after the dressing is removed or a temperature >101F.

-For pain not relieved by your pain medication.

-For increased swelling especially if you are asymmetric or for bleeding.

For further questions and information please call Dr. Barone's office at: 210-614-0400