

THE FIRST GLANCE

BREAST LIFT POST CARE INSTRUCTIONS

Supplies to have at home:

- **Your prescription medications**
 - **Gravol** (oral medication and suppositories)
 - **Stool softener** (ie: Restorolax/Lax-a-Day/Senokot). Used to prevent constipation- **start if no BM for 2 days
 - **Polysporin Ointment**
 - **Gauze or Pantyliners**
 - **Cotton Sports bra/Compression Bra** given on day of Pre-op if required
- *please bring Garment with you on day of your surgery.

Rest and Relaxation

- It is ok to lie on your side. Do not lie on your chest.
- Wait 2 weeks before participating in physical activities that will increase your heart rate and blood pressure or cause your breasts to move significantly (ie: running and aerobics)

Washing

- Remove dressings 24 hours after surgery. Leave your steri-strips in place for 1-2 weeks.
- You can shower. Wash with soap and water.
- Do not soak your surgical sites - no pools, hot tubs, or lake water for 4 weeks.
- Dry surgical site by gently patting with a clean towel or allow to air dry.
- Bleeding from your surgical site may occur following surgery. If it occurs hold constant firm pressure for 10 minutes with a clean towel.

If bleeding persists or one side is becoming much larger than the other, see our emergency care instructions below

Medication

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated.
- Take antibiotics as prescribed at the appropriate times until completed.
- Apply Polysporin to your incision lines 1x a day once steristrips are removed.

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Bra Wear

- Wear a non underwired bra - unless otherwise directed for 4 weeks.

Two Weeks After Surgery

- Begin to massage your incisions with Vaseline body lotion or BioOil. Do not use vitamin E.
- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning.

Drain Care

- If drains have been placed, please contact the clinic to have them removed 48 hours following your surgery unless otherwise directed
- When drains are removed a small amount of yellow/pink/blood-tinged fluid may ooze out of drain site for up to 3 days.
- Place a small amount of Polysporin onto drain site daily and cover with gauze or a feminine hygiene pad (pantyliner). Drain site will close in 3 to 7 days.

If you have ALLODERM at the time of your surgery:

- Empty drains as instructed and document drainage. Drains are removed once drainage is less than 30cc over 48 hours. Drains must stay in for a minimum of 4 days

Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- Coughing up blood / Bloody diarrhea

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After Hour Care

If there is a concern about your surgery or your healing please call The First Glance Clinic at **204-885-1419**.

If the clinic is closed (evenings or weekends) or in case of an emergency please call Dr. Islur 431-302-5177

If after 3 attempts you cannot reach Dr Islur, please call the plastic surgery resident by calling St Boniface Hospital Operator at 204-237-2053

Take time to rest and recover from your surgery, have a healthy diet and get some sleep.

It is important that you follow these recommendations carefully so we can attain your surgical goals.

Visit www.drislur.ca for more info