



JONATHAN HEISTEIN, M.D.
PLASTIC & RECONSTRUCTIVE SURGERY

B R E A S T L I F T H O M E I N S T R U C T I O N S

DIET

- Start with a light diet – mainly liquids, then progress to a regular diet.

ACTIVITY

- Take it easy and do not schedule any significant activities for the first 1-2 weeks.
- Weight lifting, jogging, high impact aerobics and vigorous arm activities should be avoided for 3-4 weeks.
- Deep breathing exercises should be done every hour while awake for the first 48 hours.
- Keep your head elevated as much as possible for the first 24 hours (i.e. rest in a reclining chair or sleep with 2 pillows in bed)

MEDICATION

- ***Do not take aspirin/ibuprofen-type pills unless directed by Dr. Heistein!***
- Take pain medication as prescribed and directed.
- Take Regular or Extra-Strength Tylenol 1-2 tablets every 4-6 hours as needed for lesser pain (but not in combination with the prescribed pain medicine).

WOUND CARE

- ***Do not smoke!***
- You may use crushed ice packs around the breasts for the first 24-48 hours after surgery for comfort and to reduce swelling. Do not apply directly.
- ***Do not remove dressings until seen in Dr. Heistein's office.***
- ***After you have had your initial dressing change in the office, then:***
 - Change the gauze pads on your incisions daily.
 - You may shower. Do not scrub incisions – just let water run over them gently.
 - Wear a sports bra (no underwire bras) at all times except to shower.
 - Remove the outer gauze dressing before showering and then reapply new, clean gauze dressing and then the bra after your shower.

PROBLEMS

Call Dr. Heistein if you have problems or concerns. Observe and call for any of the following:

- Temperature above 101.
- Excessive drainage.
- Increased pain that is not relieved by pain medication.
- A change in the appearance of your breasts (i.e. if one suddenly appears larger, more painful, or if excessive bruising or hardness is noted).
- ***If unable to contact Dr. Heistein in an emergency situation, go to the nearest emergency room.***

ANESTHESIA

- If you had general anesthesia, you may have a sore, dry throat. Throat lozenges and/or gargles may give relief. · You may have muscle soreness, a jittery feeling, or nausea for 24-48 hours.

SPECIAL INSTRUCTIONS _____

FOLLOW - UP

- Please call today to schedule your post-operative appointment for tomorrow (unless previously scheduled)
- ****Bring a sports bra to your office appointment tomorrow.** _____

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