

## As You Heal-Mommy Makeover

### Abdominoplasty

- **Tightness:** Your abdomen will feel tight for many months. If you have had a muscle repair as well (the usual case), you will feel the most tightness down the center of your tummy where Dr. Brown has sewn your muscles together. This causes the majority of discomfort more than any other part of the procedure.
- **Healing of Sensory Nerves:** Usually, the skin over the abdomen remains numb for several months or longer. Tingling, burning or shooting pains indicate regeneration of the small sensory nerves. This feeling will disappear with time and is not cause for alarm. It may take as long as two years for sensation in your abdomen to be restored completely.
- **Feeling of Fullness:** You may pleasantly find that you feel full sooner than normal when you begin to eat regular meals. This is from tightening the abdominal muscles that can place pressure on the abdomen.
- **Activities:** If your job keeps you sedentary, you may plan on returning to work in 10-14 days, with the understanding that you will still have discomfort with motion. Please discuss this with Dr. Brown and the nursing staff. Do not plan on resuming aerobic or strenuous exercise or heavy lifting more than 20 pounds for six weeks after surgery. Let your body tell you what it can do from that point forward. You will want to have assistance for the first several days with getting in and out of bed.
- **Dressings/Drains:** You will be expected to use abdominal compression for six weeks. This will help the overlying skin and soft tissue scar down to the underlying muscle. You will have surgical drains. Our staff will review with you how to care for them as well as how to record the output daily. Please total the 24-hour output for each individual drain separately. The amount of fluid draining in the tube over that time period will determine if they can be removed a week later. Please bring your output journal with you to your first postoperative visit.
- Please call us with any concerns Monday-Friday 8:30am-5:00pm Monday. Weekdays after 5 pm and weekends you will reach our answering service and will be directed to Dr. Brown if it is an emergency. Our office number is 480-947-2455.

### Mastopexy

- **Postoperative Sagging:** The breast skin and tissue will continue to sag with time. No "lift" is forever. If and when sagging occurs, a small skin excision or

tightening will usually solve the problem. Also, it is quite common for the two breasts to heal differently. One may swell more, one may feel more uncomfortable or their shapes may differ initially. After complete healing, they will look remarkably similar and natural. You must be patient, but if you are concerned, ask questions of Dr. Brown or the nursing staff.

- **Healing of Sensory Nerves:** Tingling, burning or shooting pains accompany regeneration of the sensory nerves. These pains will disappear with time and are nothing to be alarmed about.
- **Activities:** If your work keeps you sedentary, you may return whenever you feel up to it. If your work is strenuous, wait until your work activity does not cause any superficial pain. Do not begin aerobic or strenuous exercise for 3 weeks. Let your body tell you what it can tolerate.
- Sleeping in an upright position for one to two weeks after surgery.
- No heavy lifting for four to six weeks.
- No driving for two weeks post Breast Augmentation, Lift surgery or until off narcotic pain medication completely.
- Please take the medications as directed. Antibiotic medication should be taken as prescribed while pain, nausea and Valium medication are taken as needed. Never on an empty stomach and always space out the medications.
- Constipation is very common due to the pain medication and anesthesia, please use Colace over the counter or any laxative that has worked with you in the past. You may start taking something to help prevent constipation two to three days post surgery.
- If you develop a rash or think you are having an allergic reaction to the medication please call our office immediately. Sometimes Benadryl will help.
- No exercises for four to six weeks post surgery, Dr. Brown will clear you.
- You may shower 24 hours after surgery. When you do shower use regular soap and water.
- No ocean water or pool water for eight weeks post surgery or until the incision is fully healed.
- No tanning or sun exposure to the incision until the incision has healed completely. Use SPF 30 or greater for at least one year on your scars.
- Please do not put scar creams or ointments on the incision immediately after

surgery as you may irritate the area or cause an allergic reaction.

- After surgery you will have lots of dressings, surgical bra and tape over your incisions. You may remove your bra and dressings 24 hours after surgery.
- Leave steri-strip tape on the incision. The surgical bra strap band needs to be placed at the bottom of the breast for support.
- You may expect to be swollen for a few weeks. This is why it will also take time for the breast to reach their final shape and size.
- For Scar treatment most patients will use SkinMedica Scar Gel that you may buy from our office. You may use it for up to one year. Bioderm Silicone Scar Sheets can be purchased online as well. We can provide you with information regarding this purchase. You may also use anything that has worked for you in the past. Scars will look their worst and angry looking closer to two months post surgery.
- Wear the surgical bra for a total of four weeks. You may wear a comfortable sports bra or regular non-underwire bras after you get rid of your surgical bra. No underwire for three months.
- Some drainage from the incision lines is normal and it is usually a light green/yellow discharge at about three weeks post surgery. Please keep the area as dry as possible.
- Sometimes there can be superficial openings over the T-junction (over the lower middle breast crease) of a breast lift/reduction. Please call our office and send photos as soon as possible.
- If there is redness on the incision line or it feels tender, please call our office and send photos.
- Incision lines and final results may take up to about a year. Sometimes sutures take time to dissolve and sometimes you may have them reach the surface. This is normal and you may gently trim them.
- Any sutures that are reaching the surface please cut or trim using clean scissors; you may clean them with alcohol.

## Liposuction

- **Bruising and Swelling:** Bruising and swelling are normal in the suctioned areas and usually increase slightly after the removal of any tape or foam. The bruising will decrease over three to four weeks, but may last as long as six weeks. The swelling on the other hand, takes as long as six to nine months to disappear completely, although you should see vast improvement within one month. The compression garment helps reduce the swelling, and the longer it is worn, the more quickly the process will proceed.
- **Numbness:** Scattered numbness in the suctioned areas occurs occasionally and will disappear within a few weeks.
- **Lumpiness:** As you heal, the suctioned areas may feel "lumpy" and irregular. This too, decreases with time, and massaging those areas will hasten their softening. You may use a rolling pin to do this.
- **Activities:** If your work keeps you sedentary, you may return whenever you feel up to it. If your work is strenuous, wait until your work activity does not cause pain. Wait at least three weeks to begin aerobic exercise.
- Please have someone drive you to the surgery center in the morning for surgery and be certain to have someone scheduled to take you home. Someone must be with you at all times for the initial 24 hours following your surgery.
- Take the pain medication every three to four hours, if needed. Ideally, it should be taken with food to prevent nausea. Take the antibiotic every eight hours for three to seven days. You are NOT allowed to drink alcohol while taking the medications.

**It is a good idea to record when medications are taken to avoid taking too much or not enough. KEEP A RECORD! We have included one for you.**

- Upon leaving the surgery center, you may have small quantities of liquids as desired and tolerated. The following day you may progress to a soft diet. After the above, you may eat as desired. No alcoholic beverages are allowed for one week after surgery and especially while taking the medications.
- You will have the garment on for several days. This helps protect and cushion the surgery and also helps to keep mild pressure on

the suture lines. Please do not take garments off until your first follow up appointment. Do not wet the areas until garment is removed.

- If you had liposuction of abdomen and thighs: Sitting on hard surfaces is not allowed. You may sit on a soft chair.
- You should limit your social activities for several days following your surgery. Excessive exercise should be avoided, and no body contact sports are allowed until you are instructed otherwise.

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