

**ORANGE COUNTY PLASTIC SURGERY**  
**4501 Birch Street**  
**Newport Beach, CA 92660**  
**949-888-9700**

**POST-OPERATIVE INSTRUCTIONS FOR MASTOPEXY (BREAST LIFT)**

1. On your day of surgery, you can expect to feel sleepy and you may experience discomfort, this may continue to the following day. For this reason, it is imperative that a responsible adult spend the first 24 hours at home with you.
2. You will have a mesh dressing whose sole purpose is to hold gauze in place over the incisions without using tape on the skin. After 48 hours, you may remove your dressing and take a shower. Do not shower if you have a pain pump in place – if you do, it will be removed at the first post-operative visit and you can shower the day after that. After your first shower, you may apply gauze to the incisions if you see any drainage but otherwise gauze is not necessary. You may wear or avoid a bra – do whatever you are most comfortable with. During these initial days, you will be requested to limit your physical activity to avoid lifting or straining.
3. You will have surgical glue on your incision and may begin showering two days after your surgery. You may let shower water hit the glue, but do not rub the incisions or try to remove the glue for the first few weeks. At about 2-3 weeks, you may peel the glue off the incisions and begin applying the MD Performance® Ultimate Scar Formula to your incisions twice a day.
4. You may wear a bra after your first shower if you wish, but please do not wear a bra that rubs on surgical incisions until they are well healed.
5. Avoid any activity which causes you discomfort; conversely, you may do anything that does not cause discomfort.
6. There are no dietary restrictions following your surgery. A small amount of food eaten before taking medication will help prevent nausea. You are cautioned to avoid alcoholic beverages while taking any medication for pain, sleep, or tranquilization.
7. You may resume driving 48 hours after your last pain pill but only if you feel comfortable and physically able to do so.
8. Please feel free to contact our office regarding any problems or questions you may encounter.

***If you have any questions or concerns please call the office at (949) 888-9700, after hours call Dr. Bunkis cell at 949-413-8888.***

**(    ) BY CHECKING THIS BOX I, OR MY CARETAKER, ACKNOWLEDGES THAT I HAVE RECEIVED AFTER CARE INSTRUCTIONS AND THEY HAVE BEEN FULLY EXPLAINED TO ME.**

\_\_\_\_\_  
**Patient or Caretaker Signature**

\_\_\_\_\_  
**Date/Time**

**PATIENT COPY**

**IN CASE OF AN EMERGENCY DIAL 911**

**ORANGE COUNTY PLASTIC SURGERY**

**4501 Birch Street**

**Newport Beach, CA 92660**

**949-888-9700**

**POST-OPERATIVE INSTRUCTIONS FOR MASTOPEXY (BREAST LIFT)**

1. On your day of surgery, you can expect to feel sleepy and you may experience discomfort, this may continue to the following day. For this reason, it is imperative that a responsible adult spend the first 24 hours at home with you.
2. You will have a mesh dressing whose sole purpose is to hold gauze in place over the incisions without using tape on the skin. After 48 hours, you may remove your dressing and take a shower. Do not shower if you have a pain pump in place – if you do, it will be removed at the first post-operative visit and you can shower the day after that. After your first shower, you may apply gauze to the incisions if you see any drainage but otherwise gauze is not necessary. You may wear or avoid a bra – do whatever you are most comfortable with. During these initial days, you will be requested to limit your physical activity to avoid lifting or straining.
3. You will have surgical glue on your incision and may begin showering two days after your surgery. You may let shower water hit the glue, but do not rub the incisions or try to remove the glue for the first few weeks. At about 2-3 weeks, you may peel the glue off the incisions and begin applying the MD Performance® Ultimate Scar Formula to your incisions twice a day.
4. You may wear a bra after your first shower if you wish, but please do not wear a bra that rubs on surgical incisions until they are well healed.
5. Avoid any activity which causes you discomfort; conversely, you may do anything that does not cause discomfort.
6. There are no dietary restrictions following your surgery. A small amount of food eaten before taking medication will help prevent nausea. You are cautioned to avoid alcoholic beverages while taking any medication for pain, sleep, or tranquilization.
7. You may resume driving 48 hours after your last pain pill but only if you feel comfortable and physically able to do so.
8. Please feel free to contact our office regarding any problems or questions you may encounter.

***If you have any questions or concerns please call the office at (949) 888-9700, after hours call Dr. Bunkis cell at 949-413-8888.***

**( ) BY CHECKING THIS BOX I, OR MY CARETAKER, ACKNOWLEDGES THAT I HAVE RECEIVED AFTER CARE INSTRUCTIONS AND THEY HAVE BEEN FULLY EXPLAINED TO ME.**

**Patient or Caretaker Signature**

**Date/Time**

**Physicians Signature**

**Date/Time**

**PHYSICIAN COPY**

**IN CASE OF AN EMERGENCY DIAL 911**