

1020 N MASON RD STE #110 SAINT LOUIS MO 63141

Office of Dr. Terence Myckatyn & Dr. Marissa Tenenbaum

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|---|---|
| Surgery Scheduling Assistant for Dr. Tenenbaum | Carol – 314-996-3040 |
| Surgery Scheduling Assistant for Dr. Myckatyn | Michelle - 314-996-3028 |
| Cosmetic Patient Concierge | Kristi – 314-996-8133 |
| West County Plastic Surgeons Nursing Line | 314-996-3201 |
| General Questions and Office Appointments | Front Desk – 314-996-8800 Option 2 |

Surgery DAY/TIME: _____ PLACE: _____ ARRIVAL TIME: _____

During office hours, questions can be answered by our office staff at **314-996-8800**.

After hours, please call Central Page for the Plastic Surgery Resident ON CALL at **314-362-1242**

Please note that our website (www.westcountyplasticsurgeons.wustl.edu) has detailed descriptions of most procedure

MASTOPEXY

SIX WEEKS BEFORE SURGERY

1. **Smoking affects healing.** Please **stop smoking or ANY nicotine products for as long as possible before and after surgery.** If needed, we can prescribe Chantix to help you quit. Our office may perform a **urine nicotine test** at any time before your surgery to confirm that you have quit smoking.
2. **Good nutrition can help optimize wound healing and speed your recovery from plastic surgery.** To reduce the risk of problems, please be sure to consume a high protein diet and appropriately supplement any vitamin or dietary deficiencies that you may have.

TWO WEEKS BEFORE SURGERY

1. Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed **“Medication and Supplement Alert List”** and let us know if you take any of them. Aspirin should not be taken 2 weeks before or after surgery. Tylenol is a good medicine to take for any aches or pains you may have prior to your surgery.
2. If you develop a cold, urinary tract infection, fever or any other illness prior to surgery, please notify us.

TWO EVENINGS BEFORE SURGERY

1. Take Colace and Arnica.

EVENING BEFORE SURGERY

1. Drink 24 oz of a clear carbohydrate beverage (Gatorade/power aid) or water
2. Eat a late dinner of your choosing
3. Have some jello and/or soup available for after surgery.
4. Get a good night's rest.
5. Do not smoke.
6. Take Colace, Arnica, Zofran, Gabapentin and Celebrex.

MORNING OF SURGERY

1. Drink 12 oz of water 4 HOURS before scheduled surgery time - *Do not drink milk, juice with pulp, cream, or sugar the morning of surgery*
2. Do not wear contact lenses, wigs, hairpins, hairpieces or jewelry. Dress in old, loose, comfortable clothes. Do not wear pullover tops or pantyhose. Remove all body piercing jewelry from all locations. Wear slip-on shoes.
3. Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home. A vehicle that allows you to recline is best.
4. When in the hospital, you will be given the following oral medicines (we will give these to you at the hospital – there is no need to obtain or take these beforehand). These may include: Tylenol, Gabapentin and Celecoxib.
5. DO NOT SMOKE

AFTER SURGERY

1. **While resting**, keep your head and shoulders elevated on at least 2 pillows for the first 24 hours. You may get up to the bathroom but have someone keep an eye on you at first.
2. A **light diet** is best for the rest of the day after surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet the next day.
3. If you have **pain or discomfort**, take the pain medication every 4 hours. It is best to take pain medication with crackers, jello, etc. If you have no pain, do not take the medication. Alcohol and pain medication should not be taken together. We may also prescribe a muscle relaxant that can be taken 3 times per day and may be more helpful than narcotic.

4. **Activity-** For the first 48 hours keep your arm movements to a minimum. Your arms should not be used to support your body or to lift anything heavy.
5. **Small drains** are rarely placed, but if they are, they will be used to draw off any accumulating fluid after surgery. The bulb should be kept collapsed at all times. The fluid will need to be removed when the drain is no longer collapsed. Please keep a record of what time and how much fluid is emptied from the bulb in milliliters. Bring this record with you to the office appointment. Usually, drains are removed 48 hours after your surgery. The drains will not be removed if you have drained more than 30 cc within a 24 hour period.
6. **Incisions** have likely been sealed with Dermabond or superglue no wound care except cleaning is required. Do not use ointment over Dermabond glue.
7. **Showering-** You may shower 48 hours after surgery. The incisions can get soapy and wet, but avoid applying full showerhead pressure to them. Avoid soaking under water in a tub or pool.
8. **Surgical bra-** You should wear your provided surgical bra until the doctor states you may wear an alternative. Obtain a sports bra **WITHOUT AN UNDERWIRE** that clips in the front to bring to your first post-op visit to use as the alternative bra.
9. Occasionally, **supportive tape** is used for your surgery. Please continue to wear this until your first follow-up visit. Your doctor will remove this when appropriate. If it comes off in the meantime, please contact our office but do not replace it yourself.

OTHER POST-OPERATIVE INSTRUCTIONS

1. You may gradually resume normal daily activities after 48 hours, being careful to avoid any activity that causes pain or discomfort. Strenuous activities and exercises are to be avoided until 3 weeks after surgery. At that point, you may perform non-impact aerobics like the elliptical, stairmaster, arc trainer, or stationary bike. Light jogging, yoga, and lower body weight training can start in 3-4 weeks. Running, impact aerobics, and light upper body work can start at 4-6 weeks depending on your comfort level. Do not exceed lifting 10 lbs with your upper body for at least 4 weeks. If it hurts, back off. Start slow and progress as tolerated. Call your doctor if you have any questions.
2. Driving may be resumed when a sharp turn of the steering wheel will not cause pain and when you are off regular narcotic pain medicine.
3. Bruising and swelling are normal. This will disappear with time.
4. Unusual sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.
5. If you have any questions, sudden onset of extreme pain, fever, or redness, please call Dr. Myckatyn or Dr. Tenenbaum's office at 314-996-8800.

RETURNING TO WORK:

1. Working from home: Less than 2 weeks.
2. Desk job: 2 weeks
3. Up on your feet a lot: 3 weeks
4. Manual labor: 4 to 5 weeks

GENERAL INFORMATION:

1. Strenuous activity/heavy lifting of objects greater than 10 lbs. should be avoided for 6 weeks.
2. All incisions will be extremely sensitive to sunlight for one year. Direct sun contact is to be avoided and use a sunscreen with SPF 30 or greater for the first 6 months and at least SPF 15 for the next 6 months. Excellent sunscreen options are offered through our various skin care lines.
3. Please take all medication carefully and as directed.
4. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
5. If you develop a fever (oral temperature greater than 101), redness or increased pain at the surgical incisions, please call us immediately.

FOLLOW-UP:

Follow-up after surgery varies based on the extent of the procedure, any pre-existing health conditions you may have, how far away you live, and in the unusual event where there is a complication. For many patients follow-up includes:

- a) Follow-up within 5 to 14 days with our Nurses to pull drains, check wounds, and to address any minor questions or concerns
- b) Physician follow-up at 3 weeks, and per physician discretion thereafter.