

# MINNEAPOLIS PLASTIC SURGERY, LTD.

763-545-0443 (24 hours)

If answering service does not pick up call 952-653-0784. In an EMERGENCY call 911

## AFTER SURGERY INSTRUCTIONS TRANSGENDER MASTECTOMIES

- Take your medications as prescribed. See separate page.
- Call your doctor if you notice progressive swelling (some swelling is to be expected), bleeding, or soreness, particularly if you notice the difference only on one breast.
- It is necessary that you stay quiet for the next 24 hours, as excessive activity may cause bleeding to occur. Walking is OK; long walks or treadmills are NOT! Flex your calves to keep blood moving.
- Sleep with your upper body elevated for 3 weeks. This will help decrease swelling and soreness. A sofa cushion under the mattress works better than several pillows. A comfortable recliner is OK too.
- You may drink liquids when you arrive home. Later, if you are not nauseated, you may have a light meal.
- You must keep your elastic vest on full-time to protect, immobilize, and keep your nipple skin grafts dry.
- ❖ **DO NOT** use ice on the chest or grafts (including keyhole mastectomies).
- ❖ **DO NOT smoke** (including second-hand smoke) or use nicotine products of any kind for 2 weeks before and 4 weeks after top surgery. This is critical whether you had skin grafts or keyhole mastectomies.
- ❖ **DO NOT** remove your elastic vest or breast dressings. If you have severe pain or swelling on one side you may carefully open the vest to check the tissues around the breast area. **DO NOT** disturb nipple grafts.
- ❖ **DO NOT** lift any objects greater than five (5) lbs. for 2 weeks.
- ❖ **DO NOT** engage in any strenuous activity that involves the use of your arms, i.e. vacuuming, heavy lifting, or raising your arms above your head for 2-3 weeks.
- ❖ **DO NOT** drink any alcoholic beverages (beer and wine included) for 5 days or while taking pain medication. Alcohol, medications and/or anesthetic drugs may interfere with good judgment.
- ❖ **DO NOT** drive a car or operate machinery for the next 48 hours or while using pain pills.
- You may gently bathe the lower body, but the chest dressings (skin grafts), drain sites, and vest must remain on and dry. Wash hair and face in the sink.
- Record drainage and strip drains (tubing) twice daily (AM/PM). Open vest carefully only if needed to strip drains closer to skin in order to restore drain flow. See drainage record and drain care on separate sheets.
- Someone from Minneapolis Plastic Surgery will call you this evening to inquire about your condition and answer any questions you may have.
- Do not hesitate to call the doctor's office if you have any questions about your recovery.  
PHONE: 763-545-0443

I acknowledge receipt of these after-surgery instructions.

\_\_\_\_\_ (signature)

\_\_\_\_\_ (date and time)