



# DR. COLIN MCINNES

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## PLASTIC SURGERY

### Top Surgery (Mastectomy & Contouring) – Post-Operative Instructions

#### Rest + Relaxation

- Preferably sleep on your back. It is okay to lie on your side. Do not lie on your chest.
- Wait 2 weeks before participating in physical activities that will increase your heart rate and blood pressure or cause your breasts to move significantly.

#### Washing

- Leave your binder on as much as possible. Steri-strips (white tape) will be removed by Dr. McInnes.
- You can spot shower 48 hours after surgery but not near your chest.
- Do not soak your surgical sites - no pools, hot tubs, lake or well water for 3-4 weeks.
- Dry surgical site by gently patting with a clean towel or allow to air dry.
- Bleeding (minimal) from your surgical site may occur following surgery. If it occurs hold constant firm pressure for 10-15 minutes with a clean towel. If bleeding persists or one side is becoming much larger than the other, see our emergency care instructions below.

#### Medication

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated.
- Take antibiotics as prescribed at the appropriate times until completed.
- Apply Polysporin (original ointment) to your incision lines 2 x per day once steri-strips are removed.

#### Garments

- Wear a chest binder garment for 4-6 weeks post-op.
- Run your hand under the edges of your binder/garment multiple times per day to avoid pressure points. Please note, you may have a compression dressing sutured to your chest (if you've have free nipple grafts). Do not disrupt it.

#### Three Weeks After Surgery

- Begin to massage your incisions with body lotion, BioOil, or equivalent scar cream (something non-irritating). Do not use 100% vitamin E (capsule or oil).

- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning.

#### Drain Care

- If drains have been placed, please contact follow the verbal instructions to have them removed 5-8 days following surgery
- When drains are removed a small amount of yellow/pink/ blood tinged fluid may ooze out of drain site for up to 3 days.
- Place a small amount of Polysporin onto the drain site daily and cover with gauze or a Band-Aid.
- Drain sites will close in 3 to 7 days.
- Okay to shower chest 24 hours after drains removed (ask Dr. McInnes to confirm)

#### Follow Up Care

- Dr. McInnes will let you know which location to visit for your in-office follow up appointments. Please call the office to confirm the time (604-515-8847).

#### After Surgery Care

- For general inquiries/questions email [drmcinnesoffice@gmail.com](mailto:drmcinnesoffice@gmail.com) or call the office.

#### Weekday Care (8 am to 5 pm)

- If there is a concern about your surgery or your healing please call the office.

#### Weekend and After Hour Care

- If on weekends, after hours, or an emergency, please call 604-527-4925 and ask to speak with the plastic surgeon on call.

#### Contact

- Office phone: 604-515-8847
- Office address: 307 – 233 Nelson's Crescent, New Westminster, BC.