

EVAN SOROKIN, MD
the breast doctor

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BREAST AUGMENTATION **After Care Instructions**

- A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups and jello. You can start with a soft regular diet the next day.
- For the first 48 hours, your arms should not be used to support your body or lift anything heavy. Do not lift anything heavier than 10 pounds.
- You may shower 48 hours after surgery. Dressings may be removed for the shower. After the shower replace a clean gauze padded dressing over the incisions.
- Keep your incisions clean and dry for 48 hours.
- Dr Sorokin expects swelling after breast augmentation. Breasts are usually swollen and somewhat asymmetric. They will appear high and out of place. This is normal. If the swelling on one side is definitely more pronounced on one side than the other side or if you are having pain which is NOT relieved by the pain medication, call Dr. Sorokin at 856-797-0202.
- You must wear a bra after surgery. A bra will be placed at the end of the surgery, and should be worn for the first 6 weeks. You may wear a sports bra instead, but no underwire bras for 6 weeks.
- Excessive and strenuous activities should be avoided for 3 weeks. Keep your heart rate below 100 beats per minute during that time. Sexual activity may be resumed in 4 weeks. Increased blood pressure and/or heart rate can lead to bleeding.
- Driving may be resumed when a sharp turn of the steering wheel will not cause you pain. This is usually in 5-7 days. Do not drive if you are taking narcotic medication (Tylenol™ and motrin do not cause drowsiness, and you may drive when taking them).
- Sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.
- All incisions will be extremely sensitive during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 30 or greater for at least 1 year.
- Breast implant displacement exercises (often called massage) should begin when you are able to do so without pain. This is usually 7-10 days after surgery. You will be given instructions on breast massage after surgery or at your follow-up appointment. The importance of breast massage cannot be over-emphasized. You should be committed to doing breast massage at least once a day forever.

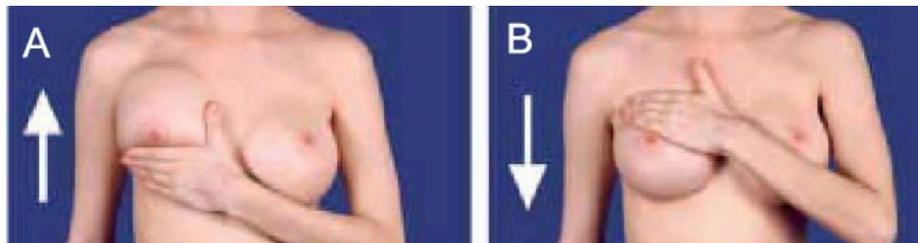
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BREAST IMPLANT EXERCISES

What is the purpose of breast implant massage? Why does Dr. Sorokin want me to do this? The concept of massage is very important. When we speak about massaging the implant we do not mean massaging the breast itself. What we are trying to do is to move the implant around in the pocket. A better term for implant massage is Breast Implant Displacement Exercises. Unfortunately saying Breast Implant Displacement Exercises is a mouthful so we all just call it massage. The purpose is to move the implant around in the pocket. This is not moving the natural portion of breast tissue. By doing this this keeps the pocket open as designed in the operating room by Dr. Sorokin and helps to prevent scar formation around the implant or capsular contracture from occurring. This will need to be done daily, indefinitely.

- Breast implant massage should begin as soon as you are able to do so without pain. This is usually 7-10 days after surgery. You will be given instructions on breast massage after surgery or at your follow-up appointment. The importance of breast massage cannot be over-emphasized. You should be committed to doing breast massage on each breast 3 times daily from the time instructed until you are 3 months out from surgery.
- We will demonstrate massage for you so you can learn the difference between squeezing the breast itself and moving the implant in the pocket.
- One cycle of massage equals one push in each direction – Up and Down. Side to side is not necessary.
 - First 3 months – 10 cycles 3 times a day.
 - From 3 months to 1 year – 10 cycles 2 times a day.
 - After 1 year – 10 cycles once a day.
- In the diagram below, note the fullness of the breast toward the arrows.



- The goal immediately after surgery is to help swelling resolve. After all has healed the goal for years to come is to keep the pocket open and allow the implant to move so that scar tissue around the implant does not make it feel hard and immobile.

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BREAST IMPLANT SETTLING - DROPPING & FLUFFING

What do Implants look like right after surgery? When will I have a nicely shaped breast? When will I be able to go to the beach in a bikini? These are common questions after breast augmentation. The purpose of this sheet is to demonstrate the process by which a breast augmentation swells and settles after surgery. It is a slow process that often takes 3 to 4 months or even more before a final shape is appreciable. The photos are shown to help you understand what to expect and that swollen, high implants are normal and expected right after surgery. This is the same patient over 3 months. Please ask any of the staff members for more information about this process. –Evan Sorokin, MD

Preoperative



3 days.
after
surgery



Note the high
boxy oval
shape at this
early point.

5 weeks
after
surgery



Shape is
more round
but not
perfect yet.

3 months



Nice shape

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SHOWERING AFTER YOUR BREAST AUGMENTATION

This sheet explains dressings and showering after breast augmentation by Dr. Sorokin. This does not apply when a lift was performed. If a lift was needed, please leave dressings clean, dry, and intact until seen by Dr. Sorokin.

After surgery you will have a bra with a light dressing over the incision. The dressing under the bra looks something like this:



After 48 hours this outer dressing may be removed. **DO NOT REMOVE** the Steri-Strip that (shown in next photo) that is directly over the incision.



You may wash gently and allow soap and water to run directly over the Steri-Strip. After shower pat the Steri-Strip dry and replace bra. This will be removed at your first postoperative visit. Call 856-797-0202 with any questions.

BREAST AUGMENTATION – Your Guide to a Successful and Quick Recovery

- Ladies will often be surprised how easy the recovery after breast enhancement surgery can be. By following these instructions, recovery truly can be a speedy process. It is important to review these instructions prior to surgery and if you have any questions ask me or any member of my team to answer any questions
 - o There is no need to purchase special bras, special support pillows, or special scar treatments. We will send you home from surgery with specially designed surgical bras that offer an appropriate level of support and fasten in the front. Specialty support pillows sold on the internet are totally unnecessary. We will start you on a scar care regimen when the time is right.
 - o Smoking will hurt your result. It can make incisions heal slowly and even lead to hardening of the implants. It makes a big difference in your result and if you are a smoker is the #1 thing you can do to improve your chances of a good result.
- Diet after surgery is an important topic:
 - o A light diet is highly suggested. Start easy with things like toast and light soups. Heavy creams, spicy foods, and greasy items cause nausea and vomiting in many patients after surgery. After 18 hours, you can eat anything that you would like.
 - o You can resume any foods on the foods to avoid list on the day after surgery.
 - o Fluids are very important. The more water or electrolyte beverages (Gatorade, etc...) the better. It is almost impossible to drink too much fluid after surgery and eight glasses of water (6 ounces) for the first 3 days is suggested.
 - o Constipation is very common after anesthesia and especially when patients take narcotics such as Percocet. Prophylaxis with fiber, Metamucil, Colace, prune juice, or even bran will help alleviate this. I suggest starting high levels of fiber at least 48 hours prior to surgery as a prevention.
- Dressings and showers:
 - o Dressings and a surgical bra will be placed in the Operating Room. Leave these dressings alone for the first 48 hours. At 48 hours you may remove the bra and outer dressing (see sheet on postoperative dressings) and you may shower. Do not submerge in a bathtub. After showering leave the steri strips open to air for 15 minutes to dry then replace bra for support.
 - o Many ladies want to wear “prettier” bras than the ones we send you home with. The important thing is not to use any underwire bra. The implants need to settle into place and the underwire can prevent this from happening. Any thick elastic

BREAST AUGMENTATION – Your Guide to a Successful and Quick Recovery (page 2)

band on the base of a sports bra can create the same problem. I will tell you when you can advance to regular bras which is usually at about 6 weeks.

- Activity:
 - o For the first 48 hours, do not lift anything. Arm stretching is very important to prevent muscle spasm. Please see the separate sheet for gentle arm exercises to be started on the day of surgery. We will instruct you in arm exercises prior to discharge.
 - o Excessive and strenuous activities should be avoided for 10 days. Keep your heart rate below 100 beats per minute during that time. Sexual activity may be resumed in 2 weeks. Increased blood pressure and/or heart rate can lead to bleeding.
 - o Driving may be resumed when a sharp turn of the steering wheel will not cause you pain. This is usually in 5 days. Do not drive if you are taking narcotic pain medication (*Tylenol*[™] and *Motrin* do not cause drowsiness, and you may drive when taking them).
 - o Exercise can resume when cleared (usually at ten days.) Do not start earlier!
 - ♣ Light exercise will be started first
 - ♣ More extreme sports (martial arts, kick-boxing, etc...) will be fine at 6 weeks.
- Sensations:
 - o Numbness, muscle twinges, and burning are common during the healing process. Every patient will have transient numbness just above the incision. Swelling of the breast can cause the entire breast to feel numb. These sensations may last several weeks and will gradually disappear.
 - o Intense nipple sensation is very common during the recovery process. Often the nipples become oversensitive during the healing phase and then return to normal after a few months.
- Miscellaneous Pearls of Wisdom
 - o Noises of water flow, bubbling, squeaking, and various other odd noises are very common from the implants in the first few weeks. Antibiotic irrigation was left around the implants in the operating room and the implant rubbing against the new pocket will often make noise. This is common and not a concern. It will go away.
 - o You can expect swelling after surgery. One side will almost always swell more than the other. A hematoma is caused by bleeding in the pocket and is an emergency. Dr. Sorokin needs to know if one breast continues to grow in size and is getting more and more painful. A slight (even 25%) difference in the size of the breasts is normal. One breast being twice as swollen as the other is not normal. If

BREAST AUGMENTATION – Your Guide to a Successful and Quick Recovery (page 3)

the swelling on one side is definitely more pronounced on one side than the other side or if you are having pain which is NOT relieved by the pain medication, call me at 856-797-0202.

- o All incisions will be extremely sensitive during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 15 or greater for at least 1 year that has both UVA and UVB protection.
- o Ice helps with pain and swelling. You will be discharged from the Recovery Room with ice and for the first 24 hours, the more ice (20 minutes on/20 minutes off) the better.
- o The breasts will appear square and flat after surgery as the pectoralis muscle will squeeze down on the implant and cause distortion of shape. The armpit will feel very deep due to the position of the muscle until it stretches and relaxes. This will happen but takes 6-8 weeks. It is hard to be patient, but there is no real way to speed the process.
- o Implant settling is a slow process. First the implants will come downward, and then they will gain more projection. It takes at least 6 weeks to see a nice contour of the breasts begin to appear. At 3 months they look great but it can take a year for the final result.
- Breast implant massage should begin usually around 10 days after surgery. You will be given instructions on breast massage at your follow-up. The importance of breast massage cannot be over-emphasized. Please do not start this too early or before I clears you to begin. You should be committed to doing breast massage on each breast forever. This helps to keep the breasts soft over the long-term.
- Scar maturation is a slow process. They will fade but it takes many months. Scars will not appear great until at least a year after the surgery.
 - o Inflammatory stage – First week. During this process the bleeding stops and antibodies come to the incision to prevent infection. The body starts producing cells to heal. The strength of the incision is due to the sutures at this point which are buried under the skin.
 - o Proliferative Stage – Second week until 6 weeks. During this stage there is increased collagen pulling the edges of the incisions together as well as new capillaries growing in the incision. This stage makes the incision appear more and more red.
 - o Remodeling Stage – In the next few months until about a year the scar starts to fade and thin out. This is the stage where the scar begins to improve but it will take many months for the scar to fade. Thus, it is important to relax and give the incisions time to look good.
 - o Maximum strength of the incision is achieved at about week 11. At this point even though well healed the skin only has about 80% of the strength as prior to incision.

BREAST AUGMENTATION – Your Guide to a Successful and Quick Recovery (page 4)

- o Scar care products will be reviewed with you. Do not put anything on incisions until you are directed to do so. They need to heal first or can get infected.
 - ♣ Moisturizing is important for incision softening of the incision and hydration
 - ♣ Silicone gels or silicone sheeting will help flatten and fade the incisions.
- Finally, call us with any questions at 856-797-0202. Emergencies should be handled through telephone and not email. We have a 24/7 answering service.
 - o Call us immediately with any fever over 101 degrees.
 - o Call us immediately with any leg of calf pain.
 - o Call us immediately with any sudden onset of extreme pain.
 - o Call us immediately with any sudden onset of one-sided swelling.
 - o Call us immediately with any redness around the incisions.

Please let me know if you have any questions about any of this.

Best,
Evan Sorokin, MD

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ABDOMINOPLASTY – *Your Guide to a Successful and Quick Recovery*

- Recovery from Tummy Tuck is a several week process. In order to have the quickest recovery possible I have assembled some postoperative instructions:
 - o There is no need to purchase special support pillows, rent hospital beds, sleep on the couch, or buy special scar treatments. The internet is full of suggestions like these but after performing countless tummy tucks I can tell you it isn't necessary.
 - o We will start you on a scar care regimen when the time is right. This is usually at around 3 weeks. I supply everyone with an initial bottle of scar therapy when the time is right to use it.
 - o Smoking will hurt your result. It can make incisions heal slowly and even lead to death of tissue. It makes a big difference in your result and if you are a smoker is the #1 thing you can do to improve your chances of a good result. Smoking can lead to non-healing wounds that take months to heal. Even second hand smoke can be a disaster. Please heed this advise.
 - o Ice helps with pain and swelling. You will be discharged from the Recovery Room with ice and for the first 24 hours, the more ice (20 minutes on/20 off) the better.
- Diet after surgery is an important topic:
 - o A light diet is highly suggested. Start easy with things like toast and light soups. Heavy creams, spicy foods, and greasy items cause nausea and vomiting in many patients after surgery. After 18 hours, you can eat anything that you would like.
 - o You can resume any foods on the foods to avoid list on the day after surgery.
 - o Fluids are very important. The more water or electrolyte beverages (Gatorade, etc...) the better. It is almost impossible to drink too much fluid after surgery and eight glasses of water (6 ounces) for the first 3 days is suggested. Drink, drink, drink, and drink some more.
 - o Constipation is very common after anesthesia and especially when patients take narcotics such as Percocet. Prophylaxis with fiber, Metamucil, Colace, prune juice, or even bran will help alleviate this. I suggest starting high levels of fiber at least 48 hours prior to surgery as prevention. This advice cannot be overstated.
- Dressings and showers:
 - o Dressings will be placed in the Operating Room. Leave these dressing on until I remove them at your first postoperative visit. Do not get them wet. Do not shower. Keep them clean. You have a large incision and it needs to be handled properly to minimize infection risk. My best advice, leave it alone until I can show you how to take care of it.

ABDOMINOPLASTY – Your Guide to a Successful and Quick Recovery (page 2)

- o Your first shower will likely be at around a week after surgery when the drain is removed. If I am unable to remove the drain at this point because it needs to stay in longer I may recommend a shower with the drain in. Most people will not shower until the drain is removed.
- o You can sponge bathe if desired keeping operative area clean and dry.
- Activity:
 - o For the first week, do not lift anything.
 - o For the first 10 days, avoid any heart rate elevating activities. Keep your heart rate below 100 beats per minute during that time. This minimizes bleeding risk and minimizes the length of swelling. Too much activity in the first few days can lead to months of extra swelling.
 - o Driving may be resumed when a sharp turn of the steering wheel will not cause you pain. This is usually in 12-14 days. Do not drive if you are taking narcotic pain medication (*Tylenol*[™] and *Motrin* do not cause drowsiness, and you may drive when taking them).
 - o The primary goal of taking it easy is allowing things to heal. There are several things that need to heal:
 - ♣ Muscle repairs need to solidify. Separating muscles by too much activity will require another tummy tuck to repair.
 - ♣ Skin Incisions need to heal. Not only do we need the incisions to be physically closed but with a nice fine line scar. This takes time. The more tension and pulling on the incision the worse it will heal.
 - ♣ Skin needs to stick back down to muscle and lymphatics need to heal. An internal process that you cannot see from the outside but takes time.
 - o Exercise can resume when cleared (usually at 4-6 weeks.) Do not start earlier!
 - ♣ Light exercise will be started first. Wait until cleared by me.
 - ♣ More extreme sports (martial arts, kick-boxing, etc...) will be fine at 3 months.
 - o Sexual activity may be resumed at 6 weeks. You may be ready at 3-4 weeks for light sexual activity depending on how your are healing. Don't be embarrassed to ask, but don't be surprised if the answer is you aren't ready yet.
- Sensations:
 - o Numbness, muscle twinging, and burning are common during the healing process.
 - o The skin above the incision between the incision and below the belly button will often be numb for a year. It may never fully resolve.

ABDOMINOPLASTY – Your Guide to a Successful and Quick Recovery (page 3)

- o Muscles will hurt with bending, twisting, and activity. The muscles have been stitched together with suture. There are knots that push on the muscle as well as sutures that pull in the muscle. Sharp pains are something to listen to your body and avoid doing. If it hurts, you aren't ready to do it. Dull aches are common and will resolve with time.
- o Twitches and zingers. As the nerves start to heal, little shocks are common. They go away quickly and are simply part of the healing process.
- Miscellaneous Pearls of Wisdom
 - o Laughing hurts. Hold a pillow tight if you need to laugh.
 - o Sneezing hurts. Hold a pillow tight if you need to sneeze.
 - o Food intake. Because your muscles are tight you will fill up quickly when eating. Eat small frequent meals as the best way to get around this. This will resolve with time, nothing has been done to your stomach, just your abdominal wall.
 - o You can expect swelling after surgery. One side will almost always swell more than the other. A hematoma is caused by bleeding and is an emergency. Dr. Sorokin needs to know if the drain keeps filling up with blood. In the first day it will fill several times and can put out several hundred CCs. If it is filling up every hour call me at 856-797-0202. When in doubt, always best to call me.
 - o All incisions will be extremely sensitive during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 15 or greater for at least 1 year that has both UVA and UVB protection.
- Scar maturation is a slow process. They will fade but it takes many months. Scars will not appear great until at least a year after the surgery.
 - o Inflammatory stage – First week. During this process the bleeding stops and antibodies come to the incision to prevent infection. The body starts producing cells to heal. The strength of the incision is due to the sutures at this point.
 - o Proliferative Stage – Second week until 6 weeks. During this stage there is increased collagen pulling the edges of the incisions together as well as new capillaries growing in the incision. This stage makes the incision appear more and more red.
 - o Remodeling Stage – In the next few months until about a year the scar starts to fade and thin out. This is the stage where the scar begins to improve but it will take many months for the scar to fade. Thus, it is important to relax and give the incisions time to look good.
 - o Maximum strength of the incision is achieved at about week 11. At this point even though well healed the skin only has about 80% of the strength as prior to incision.
 - o Scar care products will be reviewed with you. Do not put anything on incisions until you are directed to do so. They need to heal first or can get infected.

ABDOMINOPLASTY – Your Guide to a Successful and Quick Recovery (page 4)

- ♣ Moisturizing is important for incision softening of the incision and hydration
- ♣ Silicone gels or silicone sheeting will help flatten and fade the incisions.
- Finally, call us with any questions at 856-797-0202. Emergencies should be handled through telephone and not email. We have a 24/7 answering service.
 - o Call us immediately with any fever over 101 degrees or redness or sign of infection.
 - o Call us immediately with any leg of calf pain.
 - o Call us immediately with any sudden onset of extreme pain.
 - o Call us immediately with any sudden onset of one-sided swelling.
 - o When in doubt, call me. I have seen 1000 tummy tucks, you haven't. Call me if you are concerned.

Please let me know if you have any questions about any of this.

Best,
Evan Sorokin, MD

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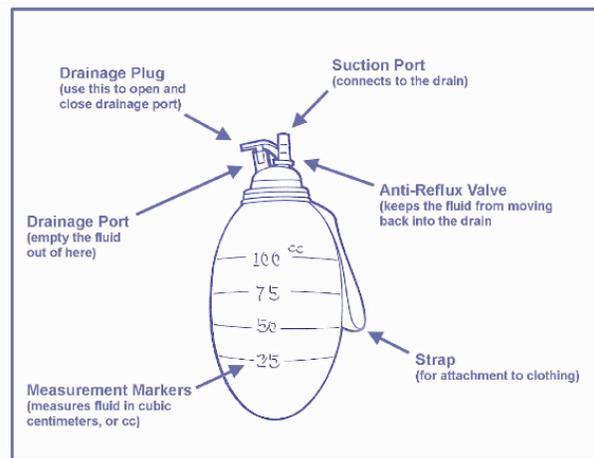
ABDOMINOPLASTY - CARE OF YOUR DRAIN

Your drain works by suction from a compressed bulb. This removes fluid from the surgical site. As the bulb fills with fluid, the suction in the bulb decreases.

Your bulb will need to be emptied when it is half full, or approximately 4 times a day. Dr. Sorokin or the nursing staff will show you how to “milk” the drain to prevent clogging. The measurement amounts are on the side of the bulb. The bulb must be uncapped for an accurate measurement. Use the “cc” mark on the bulb for an accurate measurement. You need to keep a record of your drainage to show to Dr. Sorokin at your post-operative visit. Please take your sheet with you.

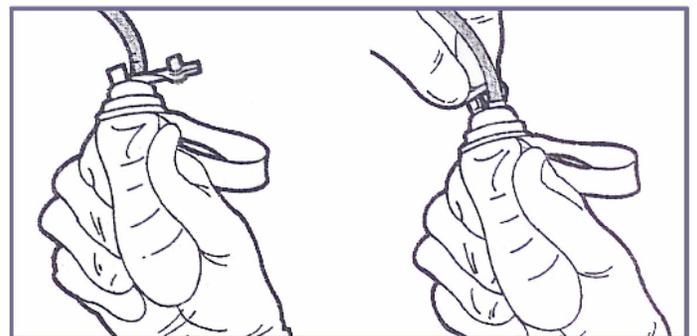
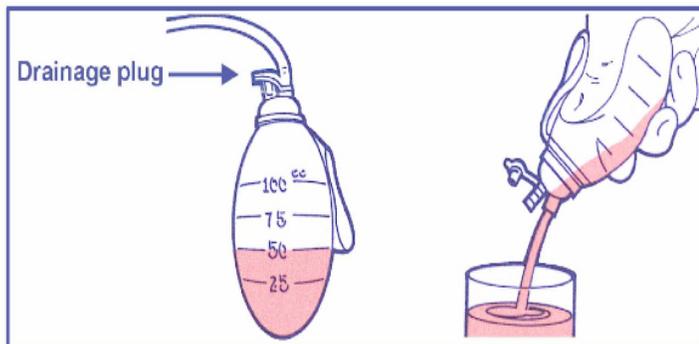
Parts of the bulb:

1. Drainage Plug
2. Drainage Port
3. Suction Port (attached to drain tube)
4. Measurement Marks
5. Strap (to attach to clothes)



To empty the bulb:

1. Wash your hands.
2. Hold the bulb upright.
3. Unplug the drainage plug.
4. Turn the bulb upside down and GENTLY squeeze the fluid into a disposal container.
5. Recompress the bulb by squeezing it. Continue squeezing it until you have replaced the drainage plug into the pour spout. The bulb should look compressed.
6. Wash your hands.
7. Measure and record the amount of drainage, and discard the drainage.



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LIPOSUCTION - AFTER CARE INSTRUCTIONS

- After surgery, it is important to have someone available to stay with you for the first 24-48 hours, as you will feel very weak and drowsy. You may require help the first few times you get out of bed.
- It is important to be out of bed and walking early and frequently. Move your legs and ankles when in bed. Keep legs elevated above the level of your heart when not walking for the first 2-3 days. Please do not cross your legs as this can increase the risk of blood clots.
- If you have discomfort/anxiety, take the medication prescribed every 4-6 hours. It is best to take the medication with crackers, jello, etc. Do not take the pain medication if you do not have pain. Do not drink alcohol while taking pain and/or anxiety medication.
- If you are having pain which is NOT relieved by the pain medication, call Dr. Sorokin at 856-797-0202.
- A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups and jello. You can start with a bland regular diet the next day.
- Excessive and strenuous activities should be avoided for 3 weeks. Keep your heart rate below 100 beats per minute during that time and do not lift more than 10 lbs. (approximately the weight of a gallon of milk). After the 2nd week you should gradually increase your activity so that you are back to normal by the end of the 3rd week.
- The compression garment must be worn AT ALL TIMES for FOUR WEEKS. This will be reduced to 12 hours a day (either day or night) for another TWO weeks for a total of SIX weeks of compression. During your recovery Dr. Sorokin will assess whether you need to wear this longer, as some patients require longer periods of compression.
- The body retains fluid in response to surgery so do not expect to see any immediate weight loss for 2-3 weeks. In the long run you will see more of a change in the way your clothes fit than in a decrease in pounds.
- Swelling and bruising are normal following liposuction. Bruising could be apparent for as long as 3-4 months after surgery. The bruises will move down your body and change color as they are absorbed.

LIPOSUCTION - AFTER CARE INSTRUCTIONS (page 2)

- Massage to the surgical sites will help increase circulation and alleviate the firm areas felt underneath the skin. Massage can begin 2-3 weeks after surgery.
- It is normal to have an itching sensation and /or numbness following surgery in the areas that underwent liposuction. This will gradually subside over the next 2-6 months.
- Excessive and strenuous activities should be avoided for 3 weeks. Keep your heart rate below 100 beats per minute during that time and do not lift more than 5 lbs. (approximately the weight of a gallon of milk). You may resume sexual activity after 3 weeks. Increased heart rate and blood pressure before three weeks can cause bleeding.
- It is good to walk for 15-20 minutes 2-3 times a day.
- All incisions will be extremely sensitive during the healing phase. Direct sun is to be avoided. When going out, even on cloudy days, use a sunscreen with SPF 15 or greater for at least 1 year that has both UVA and UVB protection.
- **If you develop a fever (oral temperature greater than 101 degrees), shortness of breath, redness, or increased pain or swelling at the surgical incisions, or calf pain please call Dr. Sorokin at (856) 797-0202. If in doubt, call us!**

MASSAGE THERAPY

Massage therapy can be beneficial following liposuction surgery beginning 3 weeks after the procedure.

Suggested therapy is 2-3 times per week for 3-4 weeks.

This allows for enhanced lymph drainage and for enhanced resolution of the swelling associated with liposuction.

A powered hand massager is the best way this can be done as it can be done in the privacy of your home several times a week.

Professional massage is possible however you need to specify to the massage therapist when scheduling that you need lymphatic massage and make sure they are comfortable in these techniques. I find that it is more likely that a patient will do this for themselves with a hand massager several times a week than go to a professional several times a week due to cost and convenience. Either way is fine.

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MASTOPEXY – Your Guide to a Successful and Quick Recovery

- Patients will often be surprised how easy the recovery after mastopexy (breast lift) surgery can be. By following these instructions, recovery can be an easy process. It is important to review these instructions prior to surgery and if you have any questions ask me or any member of my team to answer any questions.
 - o There is no need to purchase special bras, special support pillows, or special scar treatments. We will send you home from surgery with specially designed surgical bras that offer an appropriate level of support and fasten in the front. Specialty support pillows sold on the internet are totally unnecessary. We will start you on a scar care regimen when the time is right.
 - o Smoking will impact your result. It can make incisions heal slowly and even lead to hardening of the implants. It makes a big difference in your result and if you are a smoker is the #1 thing you can do to improve your chances of a good result.
- Diet after surgery is an important topic:
 - o A light diet is highly suggested. Start easy with things like toast and light soups. Heavy creams, spicy foods, and greasy items cause nausea and vomiting in many patients after surgery. After 18 hours, you can eat anything that you would like.
 - o You can resume any foods on the foods to avoid list on the day after surgery.
 - o Fluids are very important. The more water or electrolyte beverages (Gatorade, etc...) the better. It is almost impossible to drink too much fluid after surgery and eight glasses of water (6 ounces) for the first 3 days is suggested.
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 - o Dressings and a surgical bra will be placed in the Operating Room. Leave these dressings alone until you are seen by Dr. Sorokin. Getting them wet in a shower too early can cause infection. Keep them clean and dry. You may sponge bathe only. Do not submerge in a bathtub.
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MASTOPEXY – Your Guide to a Successful and Quick Recovery (page 2)

band on the base of a sports bra can create the same problem. We will tell you when you can advance to regular bras which is usually at about 6 weeks.

- Activity:
 - For the first 48 hours, do not lift anything.
 - Excessive and strenuous activities should be avoided for 10 days. Keep your heart rate below 100 beats per minute during that time. Exercise will be possible at 3 weeks once cleared by Dr. Sorokin. Sexual activity may be resumed in 4 weeks. Increased blood pressure and/or heart rate can lead to bleeding.
 - Driving may be resumed when a sharp turn of the steering wheel will not cause you pain. This is usually in 5 days. Do not drive if you are taking narcotic pain medication (*Tylenol*[™] and *Motrin* do not cause drowsiness, and you may drive when taking them).
 - Exercise can resume when cleared (usually at three weeks.) Do not start earlier!
 - ♣ Light exercise will be started first
 - ♣ More extreme sports (martial arts, kick-boxing, etc...) should be fine at 6 weeks.
- Sensations:
 - Numbness, muscle twinging, and burning are common during the healing process. Every patient will have transient numbness just above the incision. Swelling of the breast can cause the entire breast to feel numb. These sensations may last several weeks and will gradually disappear.
 - Intense nipple sensation is very common during the recovery process. Often the nipples become oversensitive during the healing faze and then return to normal after a few months.
- Miscellaneous Pearls of Wisdom
 - Noises of water flow, bubbling, squeaking, and various other odd noises are very common from the implants in the first few weeks. Antibiotic irrigation was left around the implants in the operating room and the implant rubbing against the new pocket will often make noise. This is common and not a concern. It will go away.
 - You can expect swelling after surgery. One side will almost always swell more than the other. A hematoma is caused by bleeding in the pocket and is an emergency. Dr. Sorokin needs to know if one breast continues to grow in size and is getting more and more painful. A slight (even 25%) difference in the size of the breasts is normal. One breast being twice as swollen as the other is not normal. If the swelling on one side is definitely more pronounced on one side than the other

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- side or if you are having pain which is NOT relieved by the pain medication, call me at 856-797-0202.
- o All incisions will be extremely sensitive during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 15 or greater for at least 1 year that has both UVA and UVB protection.
 - o Ice helps with pain and swelling. You will be discharged from the Recovery Room with ice and for the first 24 hours, the more ice (20 minutes on/20 minutes off) the better.
 - o The breasts will appear square and flat after surgery as the pectoralis muscle will squeeze down on the implant and cause distortion of shape. The armpit will feel very deep due to the position of the muscle until it stretches and relaxes. This will happen but takes 6-8 weeks. It is hard to be patient, but there is no real way to speed the process.
 - o When a lift is performed there will always be some relaxation that occurs so the breast is intentionally over-tight at first. Don't worry!
 - o Implant settling is a slow process. First the implants will come downward, and then they will gain more projection. It takes at least 6 weeks to see a nice contour of the breasts begin to appear. At 3 months they look great but it can take a year for the final result.
- Breast implant massage should begin usually around three weeks after surgery. This is different than straight forward breast augmentation without a lift. Don't listen to your friend or advice from the internet. Your incisions need to heal first! You will be given instructions on breast massage at your follow-up. The importance of breast massage cannot be over-emphasized. Please do not start this too early or before we clear you to begin. You should be committed to doing breast massage on each breast forever. This helps to keep the breasts soft over the long-term.
 - Scar maturation is a slow process. They will fade but it takes many months. Scars will not appear great until at least a year after the surgery.
 - o Inflammatory stage – First week. During this process the bleeding stops and antibodies come to the incision to prevent infection. The body starts producing cells to heal. The strength of the incision is due to the sutures at this point which are buried under the skin.
 - o Proliferative Stage – Second week until 6 weeks. During this stage there is increased collagen pulling the edges of the incisions together as well as new capillaries growing in the incision. This stage makes the incision appear more and more red.
 - o Remodeling Stage – In the next few months until about a year the scar starts to fade and thin out. This is the stage where the scar begins to improve but it will take

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- many months for the scar to fade. Thus, it is important to relax and give the incisions time to look good.
- o Maximum strength of the incision is achieved at about week 11. At this point even though well healed the skin only has about 80% of the strength as prior to incision.
 - o Scar care products will be reviewed with you. Do not put anything on incisions until you are directed to do so. They need to heal first or can get infected.
 - ♣ Moisturizing is important for incision softening of the incision and hydration
 - ♣ Silicone gels or silicone sheeting will help flatten and fade the incisions.
- Finally, call us with any questions at 856-797-0202. Emergencies should be handled through telephone and not email. We have a 24/7 answering service.
 - o Call us immediately with any fever over 101 degrees.
 - o Call us immediately with any leg or calf pain.
 - o Call us immediately with any sudden onset of extreme pain.
 - o Call us immediately with any sudden onset of one-sided swelling.
 - o Call us immediately with any redness around the incisions.

Please let me know if you have any questions about any of this.

Best,
Evan Sorokin, MD

EVAN SOROKIN, MD
the breast doctor

UNUSED MEDICINE DISPOSAL

Please see below information on how to dispose of unused prescription medications. Leaving unused medications around your home is unsafe for many reasons including accident use, inappropriate use, and even abuse. Please discard all unused medications once you have recovered from surgery.

SAFE and SECURE MEDICINE DISPOSAL

WHAT DO I DO WITH MY UNUSED MEDICATIONS?



Drop it off!

Unused medications that remain in your medicine cabinet are susceptible to theft and misuse. To prevent medications from getting into the wrong hands, New Jersey's Office of the Attorney General and Division of Consumer Affairs urge you to properly dispose of your expired and unwanted prescription medicine at a nearby **Project Medicine Drop** location.

DROP OFF IS SIMPLE, ANONYMOUS AND AVAILABLE 24 HOURS A DAY – 365 DAYS A YEAR, NO QUESTIONS ASKED. Simply bring in your prescription and over-the-counter medications and discard them in an environmentally safe manner. Always scratch out the identifying information on any medicine container you are discarding.

For a list of
Project Medicine Drop
locations, please visit
NJConsumerAffairs.gov/meddrop

NJConsumerAffairs.gov/meddrop



Made possible by the following:
NJ Office of the Attorney General
Division of Consumer Affairs

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