



## THOMAS P. McHUGH, M.D.

*Plastic & Reconstructive Surgeon  
Cosmetic, Hand & Laser Surgery*

### **MASTOPEXY** (BREAST LIFT)

*Diplomate, American  
Board of Plastic Surgery*

#### **TO MY PATIENT:**

This is a reminder of things we have discussed today concerning your surgery. Please keep these instructions to refer back to after you have had your surgery. If you have further questions, you may call our office number (281) 444-3733 at any time.

800 Peakwood

Suite 8C

Houston, Texas 77090

281.444.3733

FAX: 281.444.3577

22999 US Highway 59

Suite 154

Kingwood, Texas 77339

281.348.3373

#### **Things you should know and do before and after your surgery.**

1. **DO NOT** take aspirin or "aspirin like" medications. These medications may cause increased bleeding during surgery. You should do this at least 7-10 days before your surgery. However, if you take aspirin prescribed by your medical doctor do not discontinue to take it before checking with your doctor. Tylenol (acetaminophen) is okay to use, as it does not act in the same way as aspirin.
2. If you develop any acute illness, infection or fevers prior to your surgery notify my office as soon as possible. "Colds" and other infections can jeopardize your health and the results of your surgery.
3. **TOBACCO:** I **DO NOT** allow smoking during the pre-operative and post-operative period. It has been demonstrated that tobacco use interferes with blood flow and this could result in unsatisfactory scars.
4. You will be placed in a surgical bra at the time of your surgery. You may change dressings as necessary, but you need to keep your bra on day and night (except for bathing).
5. Please get plenty of rest and keep the amount of arm and shoulder movement to a minimum, as this contributes to better results. Increase the amount of activity as tolerated, but do not engage in aerobic exercising.
6. Make sure you finish all antibiotics that are prescribed to you at the time of surgery and take pain medications as needed.
7. Please call our office for your follow-up appointment. These appointments are very important and should be kept if at all possible.

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*Board Certified by  
the American Board of  
Plastic Surgery.*

*Member of:  
The American Society of Plastic and  
Reconstructive Surgeons,  
Texas Society of Plastic Surgeons,  
Houston Society of Plastic Surgeons,  
American Medical Association,  
Texas Medical Association,  
Harris County Medical Association,  
American Burn Association*