



PLASTIC &
RECONSTRUCTIVE
SURGEON

Dr. Johan van Heerden

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Pr Nr: 036 0000 386 502

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Suite M12

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Moreletapark

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INFORMATION LEAFLET MASTOPEXY

ADVANTAGES:

- Repositioning of the nipple and areola.
- Removal of excess breast skin.

DISADVANTAGES:

- Circled scar around the areola, vertical scar in the middle of the breast under the areola, and a horizontal scar in the fold under the breast.
- Pain and discomfort for the first few days after the operation.
- To prevent "dog ears" it may be necessary to lengthen the cut to get rid of the excess skin and fat.
- There may be a minor decrease in breast size present.

RISKS AND POSSIBLE COMPLICATIONS:

- Hematoma (blood collection that needs to be drained in theatre).
- Seroma – (fluid collection that needs to be drained in the rooms).
- Sensation loss of the nipple (normally sensation returns within 12 months).
- Skin necrosis and wound breakdown. (Increased risk with Smoking history)
- Nipple numbness.
- Hypertrophic scars;
- Infection (rare).
- Breastfeeding may not be possible.
- Minor asymmetry – no woman's breasts are perfectly symmetric before the operation, though we aim to get a symmetrical result, it can't be guaranteed 100%.

ADDITIONAL INFORMATION:

- You have to be fasting for 8 hours before the procedure.
- You should not be smoking cigarettes for 4 weeks before and for 4 weeks after the operation.
- You should stop taking vitamin pills, herbs and any non-prescribed drugs 2 weeks before and 2 weeks after the procedure.
- You have to arrive 2 hours before the procedure at admissions.

POST-OPERATIVE CARE:

- Please complete the course of antibiotics.
- Empty the drains daily on exactly the same time in a disposable container. Measure the volume in each drain by using the 20 ml syringe, received on discharge. Contact the rooms, when the volume is < 25 ml/24hours and make an appointment for the drains to be removed.
- Do not remove the dressings.
- Do not wear tight clothing.



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- A soft sport-type bra will be placed in theatre.
- Do not put "tissue-oil" or "Bio-oil" on the scars before all the raw areas have healed completely.
- Wound healing and the final result of the scars can only be judged after 12 – 18 months.
- The shape of the breast will change over the following 12 months from a pyramidal to a teardrop shape.
- The nipple height may also drop in the following years and with aging. This may need future adjustment with secondary surgery.
- If your body mass increase, the breast volume may also increase due to increased fat content.
- Please follow-up with removal of the drains, after 3 weeks, 6 weeks and 1 year.