

Breast Reconstruction

Post- Operative Instructions

ACTIVITY

- Take it easy and get some rest, you may walk around the house as tolerated. **You must have a responsible adult able to stay with you for 24 hours after surgery.**
- For the first 48 hours, you should sleep propped up in the bed or in a recliner to help reduce swelling.
- Avoid picking up anything greater than 10lbs or any strenuous activity for 6 weeks.
- You may slowly reach your hands above your head to help with range of motion. Do this in a slow and controlled manner.
- You may not drive while you are taking pain medication. After that, it will depend on your ability to handle a car without causing any discomfort.
- **NO SMOKING** or being around smoke for at least 4 weeks before and/or after surgery. This will interfere with your healing.
- **IF YOU HAD FAT TRANSFER ONLY:** You may resume ALL activities after 48 hours with no restrictions.

DRESSINGS/TAKING CARE OF INCISIONS

- You may take the bandage off after 48 hours. You will have steri strips over the incisions, those will need to stay on until they fall off on their own.
- You may shower 48 hours after surgery. It is okay to get soap and water on the incision and steri strips. Pat dry afterwards
- Do not use a heating pad or ice packs around the surgical sites. It could cause a burn, especially if you are experiencing numbness in that area.
- You may have drain(s), the recovery nurse will show you how to strip and empty them. Make sure you are keeping up with how much fluid is draining daily.
- **Showering with drains:** you may loop a string/lanyard through the loop of the drain (on the bulb) and hang it around your neck like a necklace so that your drain isn't just hanging uncomfortably while you shower.
- **If you had fat transfer:** you will have an abdominal binder that you will need to wear 23hrs/day. You may take it off to shower or to wash the binder, then replace. The areas where liposuction was done will drain a clear/red/Kool-Aid color, this is normal.

MEDICATIONS

- Take your prescribed medications as directed.

- The pain medication can cause constipation, make sure you are drinking plenty of water and taking a stool softener daily.
- Do not drink alcohol or drive a car while on pain medication.
- Wait 48 hours before taking any aspirin or ibuprofen.
- You may resume your regular medication after your surgery.
- If you take blood thinners, check with your doctor to see when you may resume them.

CALL YOUR DOCTOR AT 601-987-6581 IF YOU HAVE

- A temperature greater than 100.4
- Excessive bleeding from incision
- Bleeding into the breast (if you notice that one breast is twice the size of the other breast)
- Thick/white drainage, increased pain or swelling around the incision site
- If you have persistent vomiting, have a pharmacy number so that a prescription can be called in

IF YOU HAVE A LIFE-THREATENING EMERGENCY CALL 911 AND GO TO THE NEAREST HOSPITAL