

BREAST RECONSTRUCTION POST-OP INSTRUCTIONS

(Open capsulectomy/capsulotomy, Removal Tissue Expanders with Permanent saline/silicone Implants)

General Discharge Instructions:

1. The medication or sedation given to you will be acting in your body for the next 24 hours, because of this you may be sleepy, dizzy, and/or lightheaded. These feelings will wear off slowly. **Therefore you should not:** stay alone, drive a car, operate machinery or power tools, drink alcohol including beer, make important decisions or sign legal documents.
2. Eat a light diet following surgery. Avoid spicy, greasy, fried or gaseous foods. If you experience any nausea, fluids that are clear and high in sugar are recommended (Gatorade, soda, Kool-Aid, non-acid juices).

Medications:

- You will receive prescriptions the morning of surgery and they will be sent to the pharmacy of your choice.
- Be sure to eat something substantial prior to taking your pain medication and antibiotic, as both can be nauseating and hard on your stomach.
- Initially, take your pain medication and antibiotic 2 hours apart. If you were to become nauseated or have a reaction, you would know which medication you may not be tolerating.
- Take pain medication and muscle relaxer 2-4 hours apart.
- ALL narcotic medication can cause constipation following surgery. You may buy Metamucil, Milk of Magnesia, Correctol, or Dulcolax suppositories. All are available without a prescription at the pharmacy. DO NOT allow yourself to have any problems with constipation.
- Resume all your regular medications after surgery
- Avoid aspirin products for 7 days
- Starting Tylenol and Ibuprofen products-** These medications may be started 48 hours after surgery. Incorporating Ibuprofen will allow you to be able to taper off of your narcotic medication. Once you're no longer taking your narcotic medication (which contains Tylenol), you may start to also incorporate Tylenol for pain.

Activity:

- Be sure to get plenty of rest to allow your body to recuperate faster. However, it is important that you get up and walk around in your house at least every 2 hours during the day to prevent developing a blood clot.
- It is best to rest and sleep in an upright position for comfort and to decrease swelling. You can either sleep in a recliner or in bed with 2-3 pillows behind your back.
- Do not lie flat on your back for the first 4 weeks.
- Do not lift anything greater than 10 pounds (a gallon of milk) for 2 weeks.
- Avoid raising your arms over shoulder level, or pushing or pulling anything for the first 2 weeks. (You may do your hair).
- Avoid any bouncy, aerobic type of activity or strenuous exercise for 4-6 weeks.
- You can resume sexual activity at least 2 weeks after surgery, or when it is no longer painful.
- You may drive after 1 week if you are not taking narcotic pain medicine.
- You can return to work within a week as long as you have a job that does not involve heavy lifting.

Garments:

-The type of garment provided will be at the discretion of the surgeon based on your procedure and body type.

-Bandeau and Ace wrap (See video on How to Wear Your Bandeau) (Schmidt)- Ace wrap can be removed the next day and discarded. You will continue to wear the Bandeau 24/7 except when bathing or washing the garment. You may wear a tank top under this for comfort. DO NOT wear a sports bra under the bandeau as this is counterproductive.

-Ace wrap Only (Fox)- Remove Ace wrap to shower. Rewrap with Ace wrap starting from the belly button and work your way upward to top of breasts (not too tight). Continue to wear Ace wrap 24/7 except when bathing or washing the wrap.

-Surgical Bra (Hedrick & Parrish)- A soft front closure bra with little to no support will be provided. Continue to wear surgical bra 24/7, except when bathing, until follow-up visit.

Wound Care (also see Wound Care video):

-The day after your surgery, shower. Remove your Garment and dressings to shower.

-The type of dressing you have after surgery may vary at your doctor's discretion, based on your procedure, or skin sensitivity.

-White gauze and Steri-Strips (Drs. Schmidt & Parrish)- To shower, remove white gauze dressing only and wash over Steri-Strips gently with soap and water. DO NOT remove Steri-Strips, if they fall off on their own that is okay. Rinse and pat dry, apply clean dressing over Steri-Strips. Re-apply garment.

-White and yellow gauze (Dr. Fox)- To shower, remove white and yellow gauze, and wash over incisions gently with soap and water. Rinse and pat dry. Apply Vaseline ointment and clean dressings over incisions. Re-apply garment.

-Clear dressing with white gauze and Steri-Strips (Dr. Hedrick)- To shower, leave clear dressing in place until follow-up appointment. If dressing begins to peel away, you may remove them but leave the Steri-Strips in place. Re-apply garment.

-If you develop any scabs or crusts along your incision when there is no Steri-Strip in place, take a warm wet wash cloth, soak it on your incision for 5-10 minutes. This will soften the scabs/crusts and gently clean them away.

-DO NOT use a bath tub, hot tub, swimming pool, pond or lake for 4 weeks.

-No smoking or second hand smoke-could cause tissue/skin loss.

-Absolutely NO ICE OR HEATING PADS to the surgical areas-you may freeze or burn your skin.

-**If you have a drain, also see How to Care for your JP Drain Instructions and Video.**

When to call the Doctor:

-If one breast suddenly swells and becomes very firm and painful.

-If you experience any signs of infection, fever of 101.0 or higher, redness/heat, purulent/odorous drainage

-If you have any problems call our office at 937-886-2980.

Breast Implant Warranty:

-This is a warranty between YOU and the company which makes the implants. We recommend you read the pamphlet and understand the increased financial assistance you will receive for the next 10 years by getting the warranty. You have 45 days from the day of surgery to send in the application - after 45 days, you will no longer be able to get the additional warranty.

Follow up:

-Your follow up appointment can be made ahead of time, for one week post op following your surgery date. Your stitches may be removed at this time.

For Your Comfort:

-In preparing for your arrival home after surgery, set up the area where you will be resting with pillows, linens, and supplies needed for your specific surgery.

-Rather you are going to be lying in bed or a recliner (this is best if you have one available), have plenty of pillows to rest with your chest elevated, on an old sheet, towels, etc. as drainage may occur beyond the dressings.

-Have something to drink within easy reach, drink plenty of fluids following surgery to stay well hydrated.