

Breast Reconstruction Post Op Instructions

It is best if you **do not smoke, do not wear a nicotine patch, or do not chew nicotine gum** in the first 3 weeks after surgery. Scarring may result from failure to observe this precaution.

Medications:

Percocet- This is a pain medicine. You may take it every 4 hours as needed. Do not drive a vehicle or operate heavy machinery while using this medications.

Zofran- In the event that you experience nausea or vomiting, take this medicine.

While you may not need it, it is advisable to fill the prescription just in case.

Xanax- While commonly known as an anti-anxiety medicine, xanax also relaxes muscles, which can alleviate a lot of pain following the muscle in the area of your operative site.

Colace- Your pain medicine can cause constipation, and excess strain and pressure can not only be unpleasant, but may hurt your incisions. Please take this while on the percocet.

Although you have been given a prescription for pain medication, you may only need regular Tylenol, and should try it first. If your stomach becomes irritated or upset, stop the medication. **Do not use Ibuprofen or aspirin containing products which may increase your chances of bleeding complications.**

Surgical site care:

- Leave bandages in place until tomorrow.
- Change bandages tomorrow.
 - Remove gauze and shower gently
 - Do not allow direct high pressure shower spray to hit incisions.
 - Do not soak incisions.
 - Leave steristrips in place.
 - Replace gauze pads if needed for comfort.
- Change gauze pads daily.
- Wear the surgical bra provided 23 hours a day for one month (to support the breasts).

Drain Care:

- Empty and record drainage from drains every 12 hours. A drain will not be removed until there is less than 30 ml of output from the drain in a 24 hour period.
- Call office 417-820-9330 in 5 days to report your drain output.
- Your drain will be removed typically after 7-10 days.

Activities:

- Sleep with head of bed elevated 30 degrees.
- **No heavy lifting for two (2) weeks.** Nothing greater than 10lbs.
- Ambulate today/ tonight.
- No running or impact sports for 1 month after your procedure.
- Do not engage in sexual activity for a minimum of two weeks. Activities that increase your blood pressure increase the change of bleeding after surgery.

Diet:

- You should start resuming your normal diet gradually. Start with thin or thick liquids and advance to a general diet as tolerated. No restrictions.
- Drink plenty of water (eight 8-oz glasses each day).
- Do not drink any alcoholic beverages for 3 days. Never drink alcoholic beverages while on prescribed pain medication.

Watch for the following signs and symptoms, and notify Mercy Clinic Plastic Surgery (820-9330) immediately if these occur:

- Fever or blistering.
- Redness that looks like sunburn, tenderness or warmth in the area of redness.
- Sudden increase in one-sided pain.
- Swelling that is much greater on one side.
- Bruising is **NORMAL**.

Follow-up appointment:

- Follow up in two weeks with Dr. Shah's Medical Assistant, Carrie
- Call 820-9330 to schedule your appointment.
- Call the Mercy Clinic Plastic Surgery 417-820-9330 if you have any questions.