

Breast Reconstruction Post-Operative Care

- Schedule your post-op appointment 7-10 days after the procedure.
- You may resume all medications as per your medical doctor.
- After surgery, take your medications as prescribed. Having some pain and soreness is normal, but if you have any concerns please call the office.
- Wearing a bra is optional. You may remove the surgical bra when you arrive home if it is uncomfortable. You may wear any bra as long as there is no underwire.
- The steri-strips are the thin bandages covering your incisions, this protects the surgical site and they will remain stuck on for a few weeks, we will replace any that have fallen off for you when you come into the office.
- Make sure to get up to walk at least every 2 hours. Walking is essential to healing from surgery and will help prevent the risk of blood clots.
- It is safe and encouraged to use your arms for everyday activities such as dressing/undressing yourself, washing your hair, and walking up and down stairs.
- Do not lift anything more than 10 pounds the first week.
- Do not drive until your surgeon clears you to do so.
- You may shower 2 days after surgery:
 - Make sure someone is home while you shower to supervise in case you need help.
 - Remove any extra gauze and leave the steri-strips intact.
 - You may hold the drains so they do not hang free, or thread a string/lanyard through the plastic loops and wear around your neck.
 - Stand with your back to the shower spray and let the water and soap gently run over your incision and drain site. Do not scrub or let the shower spray directly hit the surgical area. Gently pat the area dry.
 - If you feel too lightheaded/dizzy, a sponge bath is ok.
- Record the output of your drains with the chart that was given to you.
- If you have a fever, or any new unusual redness/swelling/discharge, please call the office at 201-289-5551.