

ONCOPLASTIC BREAST RECONSTRUCTION

Post-Surgical Guide



INCISIONS

- Moderate bruising and swelling is normal, which may take 6 weeks or longer to resolve.
- Your incisions are closed in multiple layers with absorbable sutures
- The surface is sealed with a medical glue and may have steri-strips or glue tape covering the incision.
- You may also have a Prevena wound vac dressing over your incisions. This helps to take the tension off of the surgical site. There is nothing that needs to be done with the Prevena. It will be removed at your 1 week follow-up appointment
- Soft, cotton bras only with no underwire bras for 8 weeks.
- You may have slight drainage from your incisions in the first 1-2 days after surgery. You can use gauze, Kleenex or any other absorbent pads inside of you bra.
- ABSOLUTELY NO ICE or HEATING PADS to incisions/breasts.

DRAINS

- Use proper hand hygiene such as a gel sanitizer on hands before caring for drain.
- Twice a day, have your caregiver strip the drain tubing (gently milk the tubing towards the bulb) and record the output using clear measuring cups. Be sure to record each drain separately. Discard drainage in the toilet.
- Call the office for an increase in bright bloody drainage, cloudy drainage, increase in pain, loss of suction (bulb won't stay compressed), leaking around drain exit site, or a clogged bulb.
- If there is an accidental dislodgement of drain, apply a dressing with gauze and call the office.
- Secure drains to clothing with safety pins or secure to drain belt if supplied by the hospital.
- Your drains will stay in place until they are outputting about 20 ml per 24 hours or less.
- Expect drains to stay in for about 1 week.

SHOWER

- While drains are in place, sponge bathe with mild soap like Dove.
- After drains are removed, you may shower daily.
- Use your hand or a clean, soft washcloth. Do not rub the area. Pat dry.
- No soaking in a bath or swimming until cleared by the office. This is typically 4 weeks after surgery.

Dr. Christine Fisher

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After hours: (512) 323-5465

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ACTIVITY

- Relax, rest, and do light activity within the home only for the first week.
- Avoid prolonged sitting and take multiple walks throughout the day during the first 2 weeks.
- No lifting more than 10 lbs for 4-6 weeks.
- No pressure on breasts.
- No laying on side while sleeping for 4 weeks.
- May drive after 1 week if off all pain medications.

MEDICATIONS

- Take two Aleve in the morning and two in the evening starting the day after surgery.
- For additional pain control, take prescribed narcotic pain tablets every 4-6 hours as needed. You may instead take extra-strength Tylenol for mild pain, but be sure not to take the narcotic pain medicine also, as these contain Tylenol.
- Prevent constipation while on narcotics by taking one dose of Miralax and two doses of Colace daily until you are having normal bowel movements.

EMERGENCIES

- ****After hours, call Medlink Paging Service at (512) 323-5465****
- Call the office immediately for:
 - Temperature greater than 101 degrees
 - Significant increase in swelling or one breast more swollen than the other
 - Extreme pain not controlled by pain medication
 - Redness of the breast or pus/yellow/green drainage
 - Darkened or blackened skin (in excess of normal bruising)
- If a wound VAC dressing was placed during surgery and starts alarming, please call KCI at 1-800-275-4524. They will be able to troubleshoot with you. If they are unable to stop the alarming, you can turn the device off by holding down the large button on the front of the battery pack. If you do turn it off, please call our office during normal business hours. It is not necessary to call after hours or over a weekend/holiday for VAC issues.

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