

BREAST RECONSTRUCTION REVISION

Post-Surgical Guide



INCISIONS

- Your incisions are closed in multiple layers with absorbable sutures
- The surface is sealed with a medical glue
- If you had an abdominal scar revision:
 - Your abdominal closure may feel tight. Keep your body flexed when in bed or relaxing in a recliner by placing two pillows behind your back and a pillow under your knees. When walking, you may need to bend at the knees and flex the hips to relieve tension the first week.

DRAINS

- Use proper hand hygiene; such as a gel sanitizer on hands before caring for drain.
- Family member/friend strip/drain the JP bulbs and record accurate output using clear cups.
- Discard drainage in toilet only.
- Call Doctor for any increase in bright bloody drainage, cloudy drainage, increase in pain, loss of suction (non-depressed bulb), leaking around JP insertion site, or clogged bulb.
- If there is accidental dislodgement of drain: apply pressure with gauze and call Doctor **immediately**.
- Support drains with the Velcro belt provided by hospital.
- Drains will stay in until they are outputting about 20 ml or less per 24 hours.

EMERGENCIES

** After hours, call Medlink Paging Service at (512) 323-5465

- Any signs of infection, call Doctor IMMEDIATELY
 - Temperature greater than 101.00 degrees
 - Significant swelling
 - Tender, red, swollen, warm areas, pus, yellow or green drainage
 - Swollen/painful or darkened/blackened skin
- ABSOLUTELY NO ICE or HEATING pads to incisions/breasts

SHOWER

- While drains are in place, sponge bathe with mild soap like Dove - DO NOT SHOWER.
- After drains are removed, shower daily with mild soap like Dove.
- Use a very soft washcloth, do not rub the area, pat area dry.

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ACTIVITY

- No strenuous activity for the week after surgery.
- Walk a lot. Stairs are okay.
- Sleep on back with bra for 4 weeks.

MEDICATIONS

- Take two Aleve in the morning and two in the evening
- For additional pain control, take prescribed narcotic pain tablets every 4-6 hours as needed.
 - Prevent constipation by taking one dose of Miralax daily