

BREAST RECONSTRUCTION REVISION

Post-Surgical Guide



INCISIONS

- Your incisions are typically closed in multiple layers with absorbable sutures, although you may have a few sutures that need to be removed at a postop visit. The surface is typically sealed with a medical glue or glue tape.
- Moderate discomfort, bruising, and swelling is normal and may take a few weeks to completely resolve.
- If fat grafting is performed, you likely will be instructed to wear an abdominal binder (or thigh compression garment, if applicable) for at least 2 weeks after surgery. You will find it more comfortable to wear a soft clothing layer underneath the binder.
- No compressive bra or other tight clothing to breasts.
- Bloody drainage from the liposuction harvest sites is normal for 24-48 hours after surgery. You can place gauze, Kleenex or sanitary pads at the sites to absorb drainage. It is advisable to sleep on dark towels the night after surgery.
- ABSOLUTELY NO ICE or HEATING PADS to surgical sites.

SHOWER

- Unless a drain was placed, you may shower 48 hours after surgery using a mild soap like Dove.
- Use a very soft washcloth or your hand, do not rub the area, and pat dry.
- No soaking in a bath or swimming until cleared by the office. This is typically 4 weeks after surgery.

MEDICATIONS

- See detailed medication information sheet.
- Prevent constipation while taking narcotic pain medication by taking one dose of Miralax and two doses of Colace daily until you are having normal bowel movements.

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 strenuous exercise for 4 weeks.
- May drive after 1 week if off all pain medications.

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DRAINS

- Drains are sometimes placed during surgery.
- See Drain Care Instruction Guide for information regarding drain care and output measurement.
- Drains typically stay in until they are outputting about 20 ml or less per 24 hours.

EMERGENCIES

- Call the office immediately for:
 - Temperature greater than 101 degrees
 - Significant increase in swelling or one breast or thigh 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)
- **After hours, call MedLink Paging Service at (512) 323-5465**