



THE INSTITUTE FOR
ADVANCED BREAST RECONSTRUCTION

Recovery Recommendations:

Recovery and Home Health:

- We highly recommend the Co-Operative Care Center (PAX) with SHAHRIAR GHODSIAN, MD. This center helps provide care for patients who may not be comfortable with immediate discharge to home.
 - Contact Information:
 - Address: 375 Rolling Oaks Drive #140 Thousand Oaks, Ca 91360
 - Phone: (805) 370-5840 / (805) 991-7237
 - Email: drlungs1@gmail.com
 - Website(s): <https://www.thehospitaldoctor.com/>
& <https://paxrecovery.com/home>
- Home Health referrals can be made at your request. Home Health will be nurse visits to your home and they can assist with any post-surgery care. This can include dressing changes, wound care, etc.
- We have recommendations for lymphatic massage specialists and physical therapists, if you choose to participate in assisting your post-surgery healing journey.
 - **Lymphatic Massage: Tina Tsan** - Highly recommended for any flap patients
Phone: (818) 378-4791
Email: t_tsan07@yahoo.com
Pricing: \$240/1 hour session & \$310/1.5 hour session
 - **Physical Therapist: Jenni Rai**
Phone: (310) 918-6593
Website: <https://jenniraip.t.weebly.com/>
 - Both Tina and Jenni are out of network and may not be able to provide a superbill for their services. If you would like an in-network physical therapist, we can place an in-network referral for you

Scar Management:

For the **first six weeks** after surgery while you heal, we prefer that you **avoid** scar creams.

- Gentle application of Vaseline & Aquaphor to the incision with a clean Q-tip is helpful.
 - OK to cover the incisions with gauze, but it is not necessary once the doctor has removed the initial dressings. If the doctor replaced dressings or gave you specific instructions for wound care different from above, then defer to those instructions.
- At the six week mark after surgery - scar massage and topical agents are recommended for optimal scar appearance. *** IF INCISIONS ARE HEALED**

Scar Massage:

Massaging your scars is important. It keeps the tissue around the incision loose so it doesn't "stick" to the tissue underneath. Wait until after your skin has healed before you start massaging your scar. Your skin will be healed when the edges of the scar look pinkish, are well closed with no gaps, and have no drainage.

- Massage the scar for 5 minutes, 2 to 3 times a day. Keep doing these massages every day for 6 months to 1 year after surgery.
- You may feel some pulling or burning. Loosening the scar may be more comfortable to do while the skin is warm (e.g., after a shower). Make sure your skin is dry so your fingers don't slide while you're trying to do the massage.

Scar Massage Technique:

- Place your fingers above the scar. Move the skin and the tissue under it downward, towards the scar, but not over it. Hold for a few seconds. Make sure that you press enough to feel the scar "move" under your fingertips.
- Place your fingers below the scar. Move the skin and tissue under it upwards, towards the scar. Hold for a few seconds.
- Move your fingers along to the next section of scar, and repeat steps 1 and 2 until you've massaged all along the scar from both directions.

Scar Cream Recommendations:

- Biocorneum is my scar cream of choice. It is available on Amazon.
Link:
https://www.amazon.com/BioCorneum-Advanced-Scar-Treatment-Gel/dp/B07VTR9SYD/ref=sr_1_6?crid=2640BWXYQLMN&keywords=biocorneum+advanced+scar+treatment+1.73&qid=1670540325&prefix=biocorneum+advanced+scar+treatment%2Caps%2C134&sr=8-6

