



Second Stage Breast Reconstruction

Pre-Operative Instructions

- ❖ Please advise Dr. Robbins if you are taking any blood thinning medications (e.g. Warfarin, Ibuprofen, NSAIDS, Plavix, Aspirin). These will need to be discontinued 10 days prior to surgery per Dr. Robbins instructions.
- ❖ DO NOT take any of the following prior to surgery:
 - Anti-inflammatories
 - Homeopathic medications
 - Vitamin E
- ❖ Take a bath or shower daily with an anti-bacterial liquid soap, like dial liquid soap, or hibiclens starting 3 days prior to surgery.
- ❖ DO NOT eat or drink after midnight the night before surgery.
- ❖ If you are a smoker-Stop smoking 2-3 months prior to surgery. Smoking causes slower and compromised healing time.
- ❖ DO NOT wear jewelry, dentures, hearing aids, or contact lenses the day of surgery.
- ❖ DO NOT wear make-up, moisturizer, lipstick, deodorant, or nail polish the day of surgery.
- ❖ Wear comfortable, loose fitting clothing that buttons in the front.
- ❖ You will need to arrive 2 hours prior to your surgery time.

Post- Operative Instructions

With Nipple Reconstruction:

- ❖ You will be going home from the hospital wrapped in an ace wrap. Keep this on until your one week post op appointment. This wrap should stay dry (sponge bath only). If the ace wrap is irritating to your skin you may remove the ace, place a cotton undershirt on and rewrap with the ace. Our nurses can also assist with this.
- ❖ You will need to bring a sports bra to your first post op appointment.
- ❖ At your one week post op appointment the nurses will remove the wrap. The dressing on your nipples will be removed by a nurse and she will instruct you on how to take care of them. After this appointment you may shower and reapply Neosporin ointment to nipple area.
- ❖ You will need to wear the sports bra day and night for three weeks.
- ❖ No running or vigorous activity until three weeks post operatively..

Without Nipple Reconstruction:

- ❖ You will be going home from the hospital wrapped in an ace wrap. This wrap should stay on and remain dry until three days post operatively (sponge bath only).
- ❖ On the third day post operatively you may take this wrap off and shower. A sports bra will need to be worn day and night for three weeks after your wrap is removed. Continue to shower daily.
- ❖ You will need following up in the office one week post operatively.
- ❖ No running or vigorous activity until three weeks after surgery..

What to Expect

- ❖ Discomfort will be maximal in the first 3 days; it should improve each day thereafter. Take your pain medications as directed/as needed.
- ❖ After surgery your chest will feel tight and heavy from swelling.
- ❖ There will be postoperative pain, temporary bruising, discomfort, numbness, swelling, and discoloration.
- ❖ You will be returning to see Dr. Robbins one week post-operatively.
- ❖ Scars will be red for 2-3 months and then fade and soften.

When to Call the Office

- ❖ If you have severe or increased pain not relieved by medication.
- ❖ If you are having side-effects to medications, such as rash, nausea, headache, or vomiting.
- ❖ If you have a temperature >101.5 degrees.
- ❖ If you have drainage from the incision that has a foul odor.
- ❖ If you have bleeding from the incisions that does not stop with pressure.
- ❖ Excessive warmth or redness that is spreading from the incision site.