



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 prior to surgery per Dr. Robbins instructions.
- ❖ DO NOT take any of the following 10 days 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

- ❖ You will be discharged from the hospital on post-operative day two.
- ❖ The nurses will instruct you on how to strip, measure, and record the amount of output from your drains. Please bring drain log to every follow-up appointment.
- ❖ You will be allowed to shower post operative day 3.
- ❖ DO NOT remove the steri-strips or stitches. Steri-strips are small tapes that cover the incisions and help with scarring. Do not cover or put ointments/lotions on the incisions unless specifically instructed by Dr.
- ❖ You will have a prescription for an antibiotic as well as a pain medication that you will need to start when you get home from the hospital.
- ❖ Avoid strenuous activity, heavy lifting, and any vigorous activity until instructed by the doctor. Walking is a normal activity that should be restarted right away.
- ❖ Cough and deep breathe every 2 hours to prevent pneumonia.

- ❖ Do not take aspirin or any products containing aspirin.
- ❖ You may want to sleep in a recliner or slightly elevated with pillows for comfort.
- ❖ DO NOT use ice or heat on your chest for pain relief. The skin in this area will be numb and very thin making it susceptible to getting burned.
- ❖ You may resume driving when you are no longer taking narcotics.
- ❖ Increase fiber and fluid intake to prevent constipation from the narcotics.
- ❖ You will need to start wearing a sports bra or camisole post operative day 3.

What to Expect

- ❖ Discomfort will be maximal in the first three days and should start to improve each day thereafter.
- ❖ After surgery your chest will feel tight and heavy from swelling.
- ❖ There will be postoperative pain, bruising, discomfort, swelling, and discoloration.
- ❖ You may notice some drainage and skin irritation around the drain site. This is normal.
- ❖ The initial drainage from your drains will be very red and will eventually become more of a straw-like color.
- ❖ You should expect to have the drains for a minimum of three weeks.

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 or drains with a foul odor or cloudy color.
- ❖ If you have bleeding from the incisions that does not stop with pressure.
- ❖ Excessive warmth or redness that is spreading from the incision site.
- ❖ Sudden changes in size associated with intense pain or severe tenderness.