

ONCOPLASTIC BREAST RECONSTRUCTION

Post-Surgical Guide



INCISIONS

- Moderate bruising and swelling is normal, which may take 6 weeks or longer to resolve.
- Your incisions are closed in multiple layers with absorbable sutures. The surface is also sometimes sealed with a medical glue.
- The surface is typically sealed with a medical glue and may have steri-strips or glue tape covering the incision.
- You may also have a Prevena Wound VAC dressing over your incisions. This helps to take the tension off of the surgical site. There is nothing that needs to be done with the Prevena. It will be removed at your 1-week follow-up appointment. See below for instructions regarding alarming.
- Soft, cotton bras only with no underwire bras for 8 weeks.
- You may have slight drainage from your incisions in the first 1-2 days after surgery. You can use gauze, Kleenex or any other absorbent pads inside of your bra.
- **ABSOLUTELY NO ICE or HEATING PADS** to surgical sites.

DRAINS

- See Drain Care Instruction Guide for information regarding drain care and output measurement.
- Your drains will stay in place until they are outputting about 20 ml per 24 hours or less.
- Expect drains to stay in for about 1 week.

SHOWER

- While drains are in place, sponge bathe with mild soap like Dove.
- After drains are removed, you may shower daily. Use your hand or a clean, soft washcloth. Do not rub the area. Pat dry.
- No soaking in a bath or swimming until cleared by the office. This is typically 4 weeks after surgery.

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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 lifting more than 10 lbs for 4-6 weeks.
- No pressure on breasts.
- No laying on side while sleeping for 4 weeks.
- May drive after 1 week if off all pain medications.

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.

EMERGENCIES

- ****After hours, call Medlink Paging Service at (512) 323-5465****
- Call the office immediately for:
 - Temperature greater than 101 degrees
 - Significant increase in swelling or one breast 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)
- If a wound VAC dressing was placed during surgery and starts alarming, please call KCI at 1-800-275-4524. They will be able to troubleshoot with you. If they are unable to stop the alarming, you can turn the device off by holding down the large button on the front of the battery pack. If you do turn it off, please call our office during normal business hours. It is not necessary to call after hours or over a weekend/holiday for VAC issues.