

## **POST OPERATIVE CARE**

### **Breast Reconstruction**

#### **Post op care:**

- Surgical bra to be worn 24/7 until follow up appointment
- Sleep on back with head, neck, and shoulders elevated
- May shower 24 hours after surgery. Leave white tapes (steri-strips) on skin. These may get wet. They may fall off in a couple days.
- No straining, lifting, or bending for 2 weeks
- Ok to take Tylenol immediately and Ibuprofen immediately after surgery (do not take with other acetaminophen medications such as Percocet)
- Can operate a motor vehicle 24 hours after last dose of narcotic pain medication
- Rest – can resume most activities in 2 weeks and exercise in 3-4 weeks

#### **What to expect:**

- Swelling and bruising can occur up to 1 week post-op. May take several weeks (bruising) to several months (swelling) to resolve
- Moderate discomfort – take pain medication as directed
- Constipation may occur with narcotic information – increase fluid intake and use mild laxative or stool softener if needed
- Asymmetry – right and left sides will heal at different rates
- Numbness, tingling, and sensitivity to physical contact may persist for several weeks or longer

#### **Follow-up:**

- Follow up appointment 7-10 days post operatively unless otherwise directed
- May return to work 1 week post op (usual)
- No underwire in bra for 3 months
- No underwire bra in bathing suit for 3 months

**DO NOT HESITATE TO CALL THE OFFICE WITH ANY QUESTIONS  
OR CONCERNS**

**Pain medication:** \_\_\_\_\_

**Antibiotic:** \_\_\_\_\_

**Follow-up:** \_\_\_\_\_

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