

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
- No aspirin or ibuprofen for 3 days
- 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: _____ **please call office to
arrange follow up appointment (610) 519-0600.**