

# Breast Reconstruction Post-Op Instructions

Plastic Surgeons of Northern Arizona

1. If you have drain tubes, please empty and record the output for each drain. Do this 1-2 times per day or as needed. From time to time gently “strip” the drains to help fluid move through the tube.
2. If you were given a post-surgical bra, wear it as much as you can until your first follow up visit. If it is too tight or uncomfortable call the clinic (928-774-2300). It’s ok if it feels snug, but it shouldn’t be uncomfortable.
3. If you have an ACE bandage around the chest, this can be removed the day after surgery (post-op day 1). You may then leave this off. If after surgery you find this wrap is too tight, call the clinic (928-774-2300). The ACE should feel snug, but not too tight or uncomfortable.
4. Showering is OK the day after surgery if you have clear plastic dressings (Tegaderms). These are water resistant. Leave these in place. Water will run over these in the shower, but NO submerging.

If you have gauze and tape instead of the tegaderms, this can be removed on post-op day 2 (If you had surgery Tuesday, post-op day 2 would be Thursday). Leave the small pieces of tape called steri-strips in place and then shower. Pat the steri-strips dry after the shower. You do not need to replace the gauze. Just leave steri-strips in place. Again, NO submerging.

5. No heavy lifting after surgery. It can take 4-6 weeks to get back to full activity. 10 lbs is a good rule of thumb for lifting, but avoid anything that would require straining.
6. Walking and moving around is good after surgery to reduce the chance of blood clots in the legs, but do not overdo it. We don’t want your heart rate or blood pressure to get too high as too much activity early on can cause bleeding.
7. Some pain medication can cause constipation. If you were prescribed a narcotic-type pain medication, it is a good idea to also use an over-the-counter stool softener while you are taking it.
8. Please call the clinic to confirm your post-op appointment time, also call the clinic if you notice increasing swelling or bruising on one side more than the other, increasing pain, fevers or chills, increasing redness, drainage from the incision, or any other questions or concerns not covered in this form.

**PSNA Clinic: 928-774-2300**

~phones answered 830a-5p most days M-F, with after-hours answering service available for emergencies~