

## **AFTER YOUR BREAST RECONSTRUCTION SURGERY**

- After your surgery your incisions will be covered with brown tape. The skin tape will stay on for 7-14 days. You may have gauze padding held by surgical tape placed to maintain the shape of your reconstruction. Please do not remove these; they will be removed at your first post-operative visit.
- The surgery sites will be covered with gauze and an ace bandage. Please make sure that the ace bandage is not too tight. **Do not apply heat or cold to the surgery sites.** We will remove your dressings in the office at your first post-operative visit one week after surgery.
- We will provide you with a prescription for appropriate bras and/or camisole from “A Women’s Place” at Northside Hospital’s Women’s Center. They can properly fit and order these for you. Please call them directly to make your appointment.
- Please take your antibiotic and pain medications as directed. If the muscle relaxant Robaxin (metcarbamol) has been prescribed, taking this every 6 hours will reduce muscle tightness and discomfort. Patients typically require the use of this medication for 1-2 weeks after surgery.
- You may have drains at your reconstruction site. You may not shower with the drains in place. You may bathe if you can keep all surgical sites dry. Refer to drain sheet for care instructions.
- Swelling and bruising are normal after surgery. If you have had tissue expanders placed, expansion can start 2 weeks after surgery.
- You may resume your normal diet after surgery.
- Do not use any nicotine products for 6 weeks after surgery.
- Walking and stair-climbing are permitted immediately after surgery and are encouraged. **You may not perform cardio activities, swim, get in a pool or hot tub, or lift more than 5 pounds until 4 weeks after surgery.** You may resume sexual activity 2 weeks after surgery.
- **You are allowed to drive 24 hours after you have stopped taking your pain medication and muscle relaxant.**
- You should be seen in the office 1 week after your surgery. Please call the office for your appointment.

*Marisa Lawrence MD*

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