

DR MEGAN LYONS

POST OPERATIVE CARE INSTRUCTIONS FOR BREAST RECONSTRUCTION SURGERY

BREAST RECONSTRUCTION RECOVERY

• Please follow Dr. Lyon's post operative care instructions very carefully to achieve optimal breast reconstruction results.

REST + RELAXATION

- When resting, it is ok to lie on your side. Tuck your legs up when lying on your side and place 2 to 3 pillows under your knees when sleeping on your back.
- Take 10 nice big deep breaths every hour while awake.
- When coughing or sneezing open your mouth and place your hands on your abdomen. Push in to protect your abdominal closure.
- Make sure you walk as much as possible and lean forward at your waist to decrease tension on your abdominal closure.
- After 2 weeks you can begin to stand straight.
- Do not lift more than 10 lbs or perform abdominal exercises for more than 6 weeks.
- You should not drive if taking Tylenol #3, Tramacet or any other anti-pain opioid medication.
- When driving or in the passenger seat, place the seat belt under your arm instead of between your breasts for 2 weeks.

BREAST CARE

- You can wash with a wet towel. No showering until your drains are removed. Do not soak surgical sites. No pools, hot tubs, or lake water for 2 weeks.
- Place Polysporin or similar ointment to suture lines once daily.
- Wear your post-surgical bra for 1 week for 20/24 hours.
- You can wear an underwire bra after 1 week unless otherwise directed.

POST OPERATIVE PAIN MEDICATION

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated.
- Take antibiotics as prescribed at the appropriate times until completed.
- Apply Polysporin to your incision lines 1x a day once steristrips are removed.

ABDOMINAL CARE

- You can wash abdominal area with a wet towel. No showering until your drains are removed. Do not soak surgical sites. No pools, hot tubs, or lake water for 2 weeks.
- Dry surgical site by gently patting dry with a clean towel or allow to air dry.
- Wear your compression binder for 4-6 weeks as instructed. For the first 4 weeks, wear your binder 20/24 hours and then 12/24 hours thereafter.

DRAIN CARE

- Empty drains as instructed. Drains are removed once drainage is less than 30cc over 24 hours.
- Place Polysporin at drain site and cover with gauze to absorb fluid that may leak out. This is normal and can occur for 1 week. Drain sites will close in 7 to 10 days.
- If there is a gush of fluid that occurs, this is likely fluid that was not picked up by the drain, this is normal. Get into the shower and gently push on your abdomen or breast to encourage the fluid to drain out.

FOLLOW UP APPOINTMENTS

You will have full access to Dr. Lyons and her medical team during your recovery. If there is a concern about your recovery, please call the clinic at 306.566.4664.