



INSTRUCTIONS AFTER BREAST RECONSTRUCTION

Date of Surgery: _____ Time of Surgery: _____

Post-Op Appt. Date: _____ Appt. Time: _____

1. Call Dr. Kaplan's office at the first sign of any of the following:
 - Excessive pain associated with pressure
 - Enlargement of the breast area
 - Redness, drainage, or odor from the incisions
 - Fever or chills
 - Shortness of breath
2. Do not smoke. It interferes with healing.
3. For the first few days, sleep in a flexed position with your head and shoulders elevated. You may resume your normal sleeping position when comfortable.
4. After the dressings are removed, shower daily but avoid hot water. If you have drains, you may attach them to a belt or cloth strap while showering to prevent pulling. (The drains are usually removed within 7-10 days after surgery or when the drainage is less than 30cc over a 24-hr period).
5. Use a gauze pad to protect your clothing from any oozing at the incision or drain sites.
6. Wear a bra day and night after surgery or as instructed by Dr. Kaplan.
7. For the first three weeks, avoid heavy lifting (no more than 5 pounds) and vigorous use of your arms. Avoid activities such as sports, aerobics and vacuuming.
8. Start doing gentle arm-raising exercises within one week after surgery.
9. Do not drive for one to two weeks or until you are comfortable. Do not drive while taking pain medications.
10. You might notice swelling or bruising of the breasts and upper abdomen. This is normal and will lessen over the next one to three weeks.
11. You might notice numbness or a change in sensation of the breast skin. This is common after surgery and should improve over time.
12. Your surgical scars will be red for at least three to six months. The color will then begin to fade.
13. If you received tissue expanders, you can expect to start expander infusions within 2 to 3 weeks. These are scheduled at one to three week intervals until the desired volume is obtained. This volume will be maintained until the time for exchange to the permanent implant.
14. You might need to use gauze or other padding on the opposite breast to maintain symmetry in your clothing. Shoulder pads sometimes work nicely, as well.

Notes: _____

DR. JONATHAN KAPLAN, MD, MPH
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Evenings and weekends, call the office number and ask the operator to contact Dr. Kaplan or the plastic surgery fellow on call.

**CENTER FOR RECONSTRUCTIVE
AND COSMETIC SURGERY**
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*This information is not intended to replace medical advice of your doctor or health care provider.
Please consult your healthcare provider for advice about a specific medical condition.*