



## **POST-OPERATIVE INSTRUCTIONS**

- You will go home from the hospital the same day. An escort must be present for your discharge.
- Recovery is approximately 3 days. You can expect to have soreness and bruising for approximately 2 weeks.
- You will leave the hospital with a compression garment. Wear it at all times for 2 weeks after surgery, except when showering.
- You may shower and remove bandages 3 days after surgery.

### **MEDICATIONS:**

Antibiotics  
Painkillers as needed

## **RECOVERY**

- Moderate swelling and bruising are normal after any surgery.
- There is often tightness in the area where the flap was taken from. This will slowly relax over the next few months.
- Constipation and bloating after surgery is common. Make sure to include fiber in your diet and drink lots of fluids.
- Eat a lot of protein to promote wound healing.
- Numbness can occur when small sensory nerves are cut when an incision is made. This can be accompanied by tingling, burning, or shooting pains, which disappear with time and are nothing to be alarmed about.
- Once your incisions have healed, you may apply moisturizer or scar cream of your choice to help with the appearance of scars.
- Small areas of the reconstructed breast can become firm if fat necrosis develops. These may soften on their own, or can be removed surgically if desired.

## **PROBLEM SIGNS**

If you experience any of the following, speak with your surgeon or go to the Emergency Room:

- **Fever above 102 F**
- **Chills and shakes**
- **Uncontrolled pain, despite regular pain medications**
- **Shortness of breath**
- **Severe swelling of the breast or other body part**
- **Change in skin color of the reconstructed breast**

## **POST-OPERATIVE APPOINTMENT**

**Date:**

**Time:**

57 W. 57th Street  
Suite 1603  
New York, NY 10019

Virtual Appointment  
(please send photos)