



SECOND STAGE BREAST RECONSTRUCTION

OFFICE # **812.981.4724** (Always call this number). If calling prior to 8:00 AM or after 4:30 PM tell the answering service, you are a Dr. Palazzo BREAST patient. They will then connect you to the on-call nurse.

Activity: Do not do any of the following activity for at least 4 weeks:

- Bending from the waist. Use a stool instead.
- Heavy lifting over 5 lbs.
- Aerobic exercise or jogging
- Repetitive arm movements (i.e. tennis, swimming, vacuuming, dusting, folding clothes)
- Any vigorous upper body movements

Diet: You may return to normal diet
Do not drink alcohol for 24 hrs. or while taking an antibiotic, pain medication or a muscle relaxant.

Driving: You may drive in about 7-10 days or while taking pain medication

Medications: Take all medication as instructed. Daily antibiotics will be taken until last drain is removed. Do not take Tylenol and pain medication together.

Bathing: NO bathing if you have drain tubes. You may shower 24 hrs. after last drain is removed. (Sponge bathe until drains are removed).
If you DO NOT have drain tubes you may shower 24 hrs. after surgery,
Do not let the water beat down on your breast.
Face your back to the shower and let the water gently run down over breast, gently pat dry.

Bra: You will wear a front closure sports bra throughout your recovery period.

Dressings: Leave all dressing in place until we see you at your post op visit.
You will have steri-strips and a clear see-through dressing over your breast incisions, and large white pads over the dressing, and ace wraps or your front closure sports bra. **DO NOT REMOVE.** You will have clear dressings over your drains. **DO NOT REMOVE.**

Avoid Sun: Particular care needs to be taken to avoid the sun and tanning bed exposure. A good sun block should always be used to protect your skin once the wounds are completely healed.

Return to work: Usually 3-4 weeks depending on the type of work you do and if breast are well healed.

Call Physician: For fever over 101.3 or pain not relieved with medication.