



## Post-Operative and Home Care Instructions for Revision of Reconstructed Breast with Fat Grafting Surgery

**DIET:** Start with clear liquids and toast or crackers. If those are well tolerated, progress to a regular diet.

**WOUND CARE:** Your dressing may get wet in the shower. Try to direct the shower to your back, but it is fine if the dressing gets wet. Pat dry after your shower.

**GARMENTS:** You will need a garment/binder to wear for approximately 3 to 4 weeks following your surgery. This garment is used to compress the areas of liposuction to promote healing and reduce swelling. It is important to wear this compression garment until your doctor tells you it is no longer needed. If desired, you may switch to a control-top garment (Spanx) for prolonged wear.

**BATHING:** You may shower and wash your hair 48 hours after surgery. Shower only for the first 30 days post-operative. Try to keep the shower directed at your back and not at your incision or dressing. It is okay if the dressing gets wet in the shower. Pat it dry after your shower. For the first 4-6 weeks after surgery, do not submerge in a bathtub, pool, or hot tub.

**MEDICATIONS:** Take pain medication as needed for up to 4 weeks in moderation and at night if needed. While you are taking pain medicine, you are encouraged to follow a high fiber diet or take a stool softener such as Colace (available over the counter), as pain medications tend to cause constipation. Do not take Motrin/Ibuprofen or Aspirin products for 1 week after surgery. Ask your surgeon when you may resume your blood thinning medications. All other prescription medications may be resumed immediately, as discussed with your physician. Take your full course of antibiotics if prescribed by your surgeon.

**ACTIVITY:** You may walk and climb stairs immediately following surgery. After 2 weeks you may resume moderate activity such as brisk walking. During the first 3 weeks, do not lift anything heavier than a gallon of milk. After 6 weeks you may resume more strenuous aerobic work and lifting activities.

**DRIVING:** No driving for 1 week after your procedure or while taking pain medicine.

**SMOKING, ALCOHOL, AND CANNABIS:** Do not smoke for the first several weeks after surgery as it impedes wound healing and can lead to serious wound complications. Smoking, Alcohol, and Cannabis consumption is dangerous while taking pain medicine. It has a tendency to worsen bleeding. If you use Cannabis/Marijuana, please discuss with your physician.

**POST-OPERATIVE APPOINTMENT:** Your first follow-up visit will be approximately 1 week after surgery. Your surgeon will then see you at appropriate intervals after this to monitor your progress.

**WORK:** Depending on your career and your rate of healing, you should be able to return to work within 1 to 2 weeks of surgery. Your surgeon will be able to give you a better estimate depending on your physical and professional profile.

**SPECIAL CONSIDERATIONS:** Call your surgeon immediately if you experience any of the following: excessive pain, rapidly expanding swelling under the skin, bleeding, redness at the incision site or pus drainage from incision, spreading bright pink discoloration, or fever over 101.5° F.

Call 911 if you are experiencing a life-threatening emergency. Such symptoms include severe shortage of breath, chest palpitations, sudden or severe chest pain, or other life-threatening concerns.