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Breast Reconstruction Pre-op Instructions

Do not take aspirin, ibuprofen, herbal medications, fish oil or vitamin E for 14 days prior to surgery.

The nutritional supplement Juven from Abbott may improve your recovery, consider taking for a week preop and for a week or two after surgery. Available at juven.com or CVS and Walgreens as well as online.

Shower for the week prior surgery, the evening before and the morning of surgery with **Hibiclens** use a fresh towel with each shower. Do not use the Hibiclens on your face at all, only on your body. You can get Hibiclens from your pharmacy. You may shower 48 hours post op using the remaining Hibiclens for the first few showers.

Brush teeth twice a day and use Listerine mouthwash for the week prior to and after surgery. Do not shave your armpits the day before or the day of surgery

Wear comfortable clothes to the hospital, avoid tops that pull over the head and slip on shoes are best.

Bring your history and consent paperwork with you to the hospital. Fill prescriptions and read the instructions before the day of surgery. These medications are for use after your surgery. Discuss your regular medications and birth control pill use prior to surgery.

Do not drive yourself to the surgery center or hospital; you will also need a ride home and someone to care for you for at least 24 hours.

After Surgery Instructions

Eat what sounds appetizing, smaller portions more often may be more comfortable than full meals.

Take medications as directed, try to keep some food in your stomach before taking pain medications as they can cause nausea. Pain medications can cause constipation, take plenty of liquids and an over the counter stool softener such as: **Colace** or **Senna Kot** can help prevent problems. **Milk of Magnesia** as directed on the bottle is safe if you are having a problem. Take **Tylenol 1000 mg every 6 hours** for pain and taper in a few days when you are ready. Do **not** use heat or ice on your breasts or chest.

Rest, but do not be sedentary for extended periods, raise your legs and flex the leg muscles frequently while resting and walk for 5 minutes of each hour while awake, around the house is fine.

You may move your arms gently and limit your range of motion to reaching no higher than the top of your head. No resistive exercise and no lifting more than 5 pounds with each hand.

Empty the drains and record the amount of fluid in ml. two times a day. **Never** strip the drain tubing. Bring the record of output to your follow up office appointments.

You should take a shower in 48 hours from the surgery time unless your discharge paperwork tells you otherwise. Use the remaining **Hibiclens** for the first few showers. Wash right over the wounds and drain dressing taking care to keep the dressing intact.

A gentle massage of tenderness or spasms in the muscles is OK. **If something doesn't seem right to you, please call, we are happy to answer questions.**

You will need to take antibiotics for all dental cleanings to protect your implants from infection. You cannot use heat pads or ice packs now or in the future.