



PLASTIC SURGERY INSTITUTE OF OHIO

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POSTOPERATIVE BREAST RECONSTRUCTION INSTRUCTIONS

1. Wear your bra 24 hours a day. Adjust the straps and apply padding if it is uncomfortable or pressing too hard on your incisions. The bra should fit loosely.
2. If you are discharged from the hospital with your drains still in, record the amount that you empty every four hours or when 1/3 full. Total the output in ccs. for each 24-hour period on Drainage Record Sheet. We will want to know this amount. The drainage can vary in color from yellowish to red.
3. Once your drains are removed, fluid can leak from the drain holes. This can occur when walking or rolling over in bed and can saturate your clothes or linens. This is normal.
4. You may shower 24 hours after your drains are removed. Do not tub bathe or use hot water in the shower. Warm water is okay.
5. Each day, apply a small amount of antibiotic ointment (Bacitracin, Neosporin, or Bactroban) to the drain holes.
6. Take you medications as prescribed:
Antibiotic to prevent infection: _____
Pain medicine, if needed: _____
Valium to prevent muscle spasm: _____
7. No driving, lifting, or strenuous activity.
8. Call our office at for an appointment in one week for an examination and stitch removal.