

Elite Plastic Surgery Instruction

Pre-Operative Instructions:

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Second Stage Breast Recon

1. We practice the Enhanced Recovery After Surgery method. Scientific studies have shown ERAS to be highly beneficial in lowering pain, hunger, and infection. Most of our patients do not require narcotics for more than a few days, if at all, due to this method.
2. As part of ERAS, you are allowed to drink carbohydrate-rich fluids up to 2 hours before your surgery. These fluids are limited to Powerade, Gatorade, apple juice, grape juice, or coconut water (please do not drink anything red or purple). Please do not eat any solid food past midnight the night before your surgery. If you are a patient with a history of diabetes, gastroesophageal reflux disease (GERD), hiatal hernia, previous bariatric surgery (gastric sleeve, etc.), or BMI greater than 30, please adhere to the standard instruction of nothing to eat OR drink by mouth past midnight the night before your surgery.
3. You should arrive at the facility for check-in 2 hours prior to your surgery start time. For example, if your surgery is scheduled for 9 AM, you should be checking in at the facility by 7 AM.
4. Please bring post-operative garments (post-operative bra and compression garment) with you to the facility on the day of your surgery. See post-op instructions below for more details about this.
5. Also as part of ERAS, you will receive Tylenol, Lyrica (nerve pain suppressor), and Celebrex (same drug class as Ibuprofen) 1 hour before your surgery.

Post-Operative Instructions:

Drains may be placed during surgery. Instructions for drain care and how to record the volume of drainage will be reviewed with you by the recovery nurse at the surgery center. If you have any concerns about your drains or how to manage them please call our office. On average, drains are removed 2-3 weeks after surgery but may stay in as long as 4 weeks. Drains are removed when output falls below 30 mL in 24 hours.

1. **Diet:** You may resume your pre-operative diet after surgery. It is always a good idea to start with clear liquids, and then advance to full liquids and regular food as tolerated.

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Please plan protein-rich meals after surgery as this helps with healing and reducing swelling. You may not be very hungry after surgery so plan to eat protein with each meal, supplement with protein smoothies or the Thorne College Peptide and Thorne Daily Greens.

Attempt to increase fluid (six cups of water) and fiber intake to prevent constipation as this is a known effect of anesthesia and narcotic pain medication. Stool softeners should be taken with narcotic pain medication.

2. **Activity:** To lower the risk of bleeding, swelling, and separation of your incisions, restrict your activity for the first week. Please do not plan to increase your heart rate or blood pressure by exercising for the first two weeks after surgery. We will discuss increasing your activity at your 1-week follow-up.

You should not lift greater than five pounds unless otherwise indicated; these restrictions should continue until they are removed at follow-up visitations. Resumption of exercises should only begin after clearance from your surgeon. The surgeon does increase your activity throughout your 6-week post-op period. You are usually able to return to normal activity after 6 weeks.

Two risks of surgery include blood clots and pneumonia.

To prevent blood clots you are encouraged to ambulate 5 minutes every 2 hours while awake on the day of surgery and throughout the week. You may also want to invest in compression stockings while you are recovering.

To prevent pneumonia you are encouraged to make a conscious effort to take deep breaths every few hours. You should also cough to open up your lung bases. This may be uncomfortable for the first few days after surgery. To help with comfort you may grab a pillow and hold it close to your chest to provide a small amount of pressure when coughing.

3. Plan to sleep elevated with 3 or 4 pillows behind your back for 1 week.
4. **Bathing:** You may shower on post-operative day two. No bathing or submerging in water (ie: pool, whirlpool, hot tub, etc.) for 4 weeks. It is advisable to pat dry the incision area gently prior to applying new soft padding to the area.

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5. **Pain:** During the surgery, you will be injected with a long-acting local anesthetic to provide pain relief. In addition, pain medication will be prescribed and available as needed. We provide different types of medications that address different types of pain. We provide medication that helps relieve nerve pain, muscle pain, and anti-inflammatories. We do provide narcotic pain medication but encourage you to start the medications that address the **specific type** of pain medication, which will help you come off the narcotic pain medication sooner. It is suggested to fill your prescriptions before surgery to provide a more relaxed post-operative course. Aspirin should not be taken unless specifically prescribed by your surgeon.
6. **Follow-Up Schedule:** The first post-op follow-up appointment will occur the week following surgery. Contact information for the follow-up appointment will be given to you. You are encouraged to make the follow-up appointment before the surgery. Normal follow-up routine includes office visits weekly for the first couple weeks and then at one month post-operatively.
7. **Implant Settling Phase:** If you have a breast implant placed during this phase your breast implants will take several months to settle. They will change in shape and size as the settling phase progresses.
8. **Liposuction Donor Sites (where fat is taken from):** It is normal to have pinkish drainage from the area of liposuction. This can last several days. We recommend that you sleep on old towels as this can potentially ruin your bedding and have your ride bring all towels for the car ride home. Please expect your liposuction areas to be significantly bruised, tender, and swollen. We do recommend a few modalities to help with the bruising, tenderness, and, swelling of liposuction which include compression and lymphatic drainage.

You may experience tissue that becomes firm after liposuction. This is very common and the skin will soften over a 3 month process. You may also experience areas of skin discoloration at the liposuction area. This will return to its normal color at 3 months postoperatively.

9. **Compression Garmen & Lymphatic Massage:** Compression to the areas of liposuction will decrease the amount of bruising, tenderness, and, swelling. It will also improve shape. Compression should be worn for a total of 6 weeks. Weeks 1-4 compression is worn 24/7 and Weeks 5-6 are 12 hours a day. We do have Marena compression

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garments in the office for purchase or recommend purchasing spanx or compressive yoga pants/shorts. Please remember to bring your compression garments to the surgery center the day of your surgery.

Lymphatic massage will help facilitate healing by helping decrease swelling. Lymphatic massage is a very light touch massage that helps stimulate your lymphatic system, this massage should not be painful. Our office can provide you with a lymphatic massage therapist if you would like a referral.

10. **Fat Grafting Sites (where fat has been injected):** It is normal to have a significant amount of bruising at the fat grafting sites on the breast(s). Areas of lumpiness will eventually decrease over time. It is normal to experience tenderness of the fat-grafted areas. The breast(s) will initially appear more filled in and larger, but as the swelling recedes over the next 6 weeks, some of the volume will decrease.
11. **Post-Operative Bra:** The fat-grafted breast(s) should be supported with minimal movement for 2 weeks. You should bring the postsurgical bra you were given for the first stage of your reconstruction with you to the facility the day of surgery. There should be no direct or prolonged pressure to the breast for 2 weeks (this includes sleeping on your side). It takes 2 weeks for the fat grafting to build a vascular supply to the grafted fat. We prefer a supportive bra during this time, not a compressive bra as the compression can prevent a vascular supply from forming.

Recap:

- Keep your abdominal garment and/or compression pants on. You may remove it to shower 48 hours after surgery. Besides showering, do not remove the abdominal garment and/or compression garment.
- Compression garments for 24/7, 4 weeks, and 12 hours a day weeks 5-6.
- Please do not wear a compressive bra
- Do not engage in any strenuous activity after surgery such as pushing, pulling, or sexual activity for 2 weeks. This may raise your blood pressure and increase the chance of bleeding and bruising.
- Expect bruising, swelling and tenderness in the liposuctions areas

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Medications Prescribed (not all medication may apply)

Please take all your medications as prescribed.

Scheduled Medications: Please take these medications as scheduled

Antibiotic: Keflex (cephalexin) 500mg (started day of surgery, is a SCHEDULED medication, please follow the prescription ordered) is an antibiotic you must take for a total of 5 days. (Note that antibiotics may impair birth control pills.)

(*May not apply to you) Blood thinner: Lovenox 30 mg/0.3 ml injectable solution (started day AFTER surgery) is used for the prevention of blood clots after surgery. You or your caregiver will administer 1 subcutaneous injection into your thighs daily for 5 days.

Tylenol (Acetaminophen) (Age GREATER than 60: 1000 mg every 8 hours) (Age LESS than 60: 1000 mg every 6 hours)

As needed: These medications are scheduled “as needed” per your pain level. We provide you with many types of medications that focus on the “type” of pain you are experiencing. If you plan to take more than one of these medications, please plan to take them at least 2 hours apart as they can make you sleepy.

Toradol (ketorolac): 10 mg every 6 hrs = 15 tabs

Type of Pain relief: Anti-inflammatory: Swelling/Pain: (started day of surgery as needed, please follow prescription ordered) This is a different form of Ibuprofen so please stay away from other anti-inflammatories while taking this medication.

Gabapentin (Neurontin): 100 mg; every 8 hours = 48 tabs (16 days)

Type of Pain relief: Nerve Pain: Itching/Burning/Tingling/Numbing/Sharp: (started day of surgery as needed, please follow the prescription ordered) is used for pain relief every 12 hours. Please let us know if you are taking any prescriptions for mood-altering (depression or bipolar) medications as these can potentially interact.

***this medication can make you sleepy, please do not plan to drive on this medication**

Cyclobenzaprine (Flexeril): 5 mg; every 8 hrs = 10 tabs

Type of Pain relief: Muscle Relaxer: Muscle spasms/Muscle cramping: (started day of surgery as needed, please follow prescription ordered) is a muscle spasm medication.

***please do not drive while on this medication**

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Oxycodone (Narcotic Pain Reliever): po every 4-6 hours as needed = 30 tabs

Type of Pain Relief: General pain (started day of surgery as needed, please follow the prescription ordered) is an oral narcotic prescribed to manage your pain.

***please do not drive while on this medication**

Docusate Sodium (Colace): Stool Softener: every 12 hours = 14 tabs (7 days)

Senna: Bowel Stimulant: every 12 hours = 14 tabs (7 days)

You may take the Colace and Senna together.