



# Dr. Avi Islur Surgery

## Breast Reconstruction Post Operative Care Instructions

### Resting, Washing, Medication + Bra Wear

#### Rest + Relaxation

- When resting, it is ok to lie on your side. Tuck your legs up when lying on your side and place 2 to 3 pillows under your knees when sleeping on your back.
- Take 10 nice big deep breaths every hour while awake.
- When coughing or sneezing open your mouth and place your hands on your abdomen. Push in to protect your abdominal closure.
- Make sure you walk as much as possible and lean forward at your waist to decrease tension on your abdominal closure.
- After 2 weeks you can begin to stand straight.
- Do not lift more than 10 lbs or perform abdominal exercises for more than 6 weeks.
- You should not drive if taking Tylenol #3, Tramacet or any other anti-pain opioid medication.
- When driving or in the passenger seat, place the seat belt under your arm instead of between your breasts for two weeks.

#### Breast Care

- You can wash with a wet towel - no showering until your drains are removed, do not soak surgical sites - no pools, hot tubs, or lake water for 2 weeks.
- Place Polysporin or similar ointment to suture lines once daily.
- Wear your post-surgical bra for 1 week for 20/24 hours.
- After 1 week: Wear an underwire bra - unless otherwise directed

#### Abdominal Care

- You can wash abdominal area with a wet towel; no showering until your drains are removed, do not soak surgical sites - no pools, hot tubs, or lake water - for 2 weeks.
- Dry surgical site by gently patting dry with a clean towel or allow to air dry.
- Wear your compressive surgical binder for 4-6 weeks as instructed. For the first 4 weeks, wear your binder 20/24 hours and then 12/24 hours thereafter.
- Bleeding from the surgical site may occur following surgery. If it occurs hold constant firm pressure for 10 minutes with a clean towel. If bleeding persists or your abdomen is becoming much larger see emergency care instructions.

### Medication, Drain + Follow Up Care with Dr.

#### Islur Medication

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated.
- Take antibiotics as prescribed at the appropriate times until completed.
- Apply Polysporin to your incision lines 1x a day once steri-strips are removed.

#### Drain Care

- Empty drains as instructed. Drains are removed once draining less than 30cc/24 hours.
- Place Polysporin ointment at drain site and cover with feminine hygiene pad or gauze to absorb fluid that may leak out. This is normal to occur for one week.
- Drain sites will close in 7-10 days.
- If there is a gush of fluid that occurs this is likely fluid that was not picked up by the drain and is normal. Get into the shower and push on your abdomen or breast to encourage the fluid to drain out.
- If drainage persists or is predominantly fresh blood go to your nearest emergency department and contact Dr. Islur.

#### Follow Up Care

Dr. Islur will let you know which location to visit for your in-office follow up appointments. You will have full access to Dr. Islur and his medical team to help guide you through a quick and comfortable recovery.

Take time to rest and recover from your surgery, have a healthy diet and get some sleep. It is important to follow these recommendations very carefully.

Visit [www.drislur.ca](http://www.drislur.ca) for more info.

#### Weekday After Hour Care

If there is a concern about your surgery or your healing please call Dr. Islur's nurse 204.237.2800 or call the office at 204.235.3020 - please state the date of your operation and the procedure you had performed.

#### Weekend After Hour Care

If on weekends or an emergency, please call 204.237.2053 and ask to speak with Dr. Islur or the plastic surgery resident on call.