



Dr. Avi Islur Surgery

Breast Reconstruction with Implants Post Operative Care Instructions

Rest + Relaxation

- Preferably sleep on your back. It is okay to lie on your side. Do not lie on your chest.
- Wait 2 weeks before participating in physical activities that will increase your heart rate and blood pressure or cause your breasts to move significantly.

Washing

- Remove larger dressings 24 hours after surgery. Leave your steri-strips (white tape) in place for 5 to 7 days. If they come off sooner that is okay.
- You can shower below chest 24 hours after surgery. No washing chest until drains have been removed.
- Do not soak your surgical sites - no pools, hot tubs, or lake water for 4-6 weeks.
- Dry surgical site by gently patting with a clean towel or allow to air dry.
- Bleeding (minimal) from your surgical site may occur following surgery. If it occurs hold constant firm pressure for 10 minutes with a clean towel. If bleeding persists or one side is becoming much larger than the other, see our emergency care instructions below.

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 (original ointment) to your incision lines 2 x a day once steri-strips are removed.

Bra Wear

- Wear a non underwired bra - unless otherwise directed for 4 -6 weeks.

Two Weeks After Surgery

- Begin to massage your incisions with body lotion, BioOil, or equivalent scar cream. Do not use 100% vitamin E (capsule or oil).
- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning.

Please Note:

- *Check the colour of your nipple/areola. If purple please call the clinic or see after hour care*

Drain Care

- If drains have been placed, please contact clinic at 204-237-2800 to have drains removed following surgery when output is less than 30 ml/48 hrs
- When drains are removed a small amount of yellow/pink/blood-tinged fluid may ooze out of drain site for up to 3 days.
- Place a small amount of Polysporin onto drain site daily and cover with gauze or a feminine hygiene pad.
- Drain site will close in 3 to 7 days
- Okay to shower chest 24 hours after drains removed

Follow Up Care

Dr. Islur will let you know which location to visit for your in-office follow up appointments.

St. Boniface Hospital ACF Clinic

409 Tache Avenue
Winnipeg, MB R2H 2A6
tel: 204-237-2290

St. Boniface Clinic

343 Tache Avenue, Winnipeg, MB, R2H 2A5
tel: 204-925-9559

After Surgery Care

For general inquiries/questions email info@drislur.ca or speak to one of the clinic staff members.

Weekday Care (8 am to 5 pm)

If there is a concern about your surgery or your healing please call the clinic where you saw Dr. Islur and ask to speak to the nurse or leave a voice message: please state your name, the date of your operation, the procedure you had performed, your concern, and a return phone number.

Weekend and After Hour Care

If on weekends, after hours, or an emergency, please call 204-237-2053 and ask to speak to the plastic surgery resident on call or go to your closest hospital emergency