



# Dr. Avi Islur Surgery

## Lat Dorsi Breast Reconstruction Post Operative Care Instructions

### Rest + Relaxation

- When resting, preferably sleep on your back. If it is uncomfortable it is okay to lie on your side.
- You can also place a pillow under your back on the side where the drains are located
- Take 10 big deep breaths every hour while awake for the first week
- You should not drive if taking Tylenol #3, Tramacet or any other anti-pain opioid medication.

### Breast Care

- You can shower below your chest the day following surgery.
- NO showering your chest until your drains are removed
  - Dry surgical site by gently patting dry with a clean towel or allow to air dry.
- Do not soak surgical sites - no pools, hot tubs, or lake water for 4-6 weeks or until instructed.
- Remove steri-strips (white tape) 1 week following surgery. Place Polysporin (original ointment) or similar ointment to suture lines twice daily.
- 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 breast is becoming much larger see emergency care instructions.
- Wear your post-surgical/sports bra for 3-4 week for 20/24 hours. You may be instructed to wear an underwire bra one week after surgery

### 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.

### 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.

### Drain Care

- Empty drains as instructed. Back drains are removed once draining less than 30cc/24 hours. Breast drains are removed once draining less than 30cc/48 hrs.
- 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 gently but firmly on your back 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.

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](mailto: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 head to your closest hospital emergency