

NADIA P. BLANCHET, M.D.

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DISCHARGE INSTRUCTIONS AFTER BREAST RECONSTRUCTION REVISION

- You may shower 48 hours after surgery. However, if you have an ace wrap, leave this on until your first post-op unless otherwise directed. You may shower after we have removed it.
- You may be quite swollen and bruised after surgery. This will depend on the specific procedure you had done.
- If you had fat grafting, your abdomen will feel diffusely sore for the first few weeks, then you will develop specific areas that hurt which will resolve over time.
- You may drive when you are no longer taking pain medication and feel comfortable enough to do so.
- Please walk a little bit every day after your surgery. However, you should not do any strenuous exercises for two weeks after surgery. You can then resume your usual exercise routine, but please clear this first with Dr. Blanchet.
- Please pay attention to arm range of motion and do gentle snow angels after 48 hours.
- Please do not take your medications on an empty stomach as this can cause dizziness and nausea. Also, be aware that all pain medications can cause constipation. The use of over-the-counter laxatives or stool softeners (Colace) is recommended post-op while taking prescriptive pain medicines.
- You must avoid **ASPIRIN** substances or any of the medications listed on your pre-op sheet for two weeks after your surgery, as this will increase your risk of bruising and poor healing.
- You may find when you get home that you have gained weight after surgery. This is simply because of the IV fluids and will resolve in about two weeks.
- Please do not apply any creams or lotions to incisions until cleared by the doctor.

- Smoking dramatically increases your risk of infection, poor healing and bad scarring.
**PLEASE REFRAIN FROM SMOKING FOR AT LEAST 2 MONTHS POST-OP
OR UNTIL YOU ARE COMPLETELY HEALED.**

PLEASE FEEL COMFORTABLE TO CALL OUR OFFICE IF YOU HAVE ANY CONCERNS OR QUESTIONS. AFTER HOURS OR ON WEEKENDS, YOU CAN REACH THE DOCTOR BY CALLING 804-320-8545. **IN A TRUE EMERGENCY, CALL 911 IMMEDIATELY.**