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DISCHARGE INSTRUCTIONS AFTER INITIAL MASTECTOMY BREAST RECONSTRUCTION

- Please refrain from showering until drains are removed.
- You may drive when you are no longer taking pain medication and feel comfortable enough to do so.
- Do not do any strenuous arm exercises until about 2 weeks after surgery. Within a few days, you should start stretching your arms out and making sure your range of motion is normal. Please do the “snow angels” as described on my website.
- Please call me **immediately** if your breast reconstruction skin starts to turn red, warm, tender or otherwise shows signs of infection. If an infection is not treated immediately, you can lose your implants. I do not mind if you call in the evening or on the weekends for this.
- DO NOT use a heating pad on any surgical area. The skin is very delicate, and your sensation is altered in these areas. You can develop a burn with permanent scarring from a simple heating pad.
- If you had a Nipple Sparing Mastectomy, you will use Nitro paste to increase blood flow to the skin. The dose is variable and changes. Please see my website videos for more information.
- Please try to minimize your intake of narcotics, as they are: nauseating, constipating and addictive.
- Please have over the counter laxatives at home in case they are needed.
- Please do not take any medication on an empty stomach.
- **PLEASE STOP TAKING YOUR ANTIBIOTICS ONCE YOUR DRAIN (S) HAVE BEEN REMOVED.** Please take over-the-counter pro-biotics for two weeks before and after.
- As long as you have a drain in, you should be on antibiotics. If you run out of antibiotics and your drain is still in, please call the office for a refill.
- Please avoid aspirin-related substances or any medication listed on your pre-p sheet for 2 weeks after surgery as this will increase your risk of bruising and poor healing.
- The best way for you to heal faster and feel better sooner is to walk every day as soon as you are able. You can rest afterwards, but walking will keep you from losing muscle mass, prevent clots in your legs and bring your energy level back sooner. I will restrict you from aerobic exercise, but walking is advised.
- You can do lower body exercises after 2 weeks, but no aerobic exercises for 3 weeks to a month.
- If you have Steri-strips, please leave these on until they are dangling by a thread.
- Please do not apply any creams or lotions on the incision until cleared by the doctor.

- You may find when you get home that you will have gained weight after surgery. This is simply from the IV fluids and will resolve in about 2 weeks.
- **Do not smoke for at least 2 months before and after surgery or you may have major wound- healing problems which can lead to the loss of your implant.**
- Please remember that although the majority of infections are immediately post-op, delayed infections are possible, especially in irradiated breast reconstructions. You need to look at your breast every day. Call me if your breast develops redness, firmness, or definite warmth.

PLEASE FEEL COMFORTABLE TO EMAIL DR. BLANCHET IF YOU HAVE ANY QUESTIONS OR CONCERNS. IF YOUR CONCERN IS URGENT, PLEASE CALL THE OFFICE (804) 320-8545. IN A TRUE EMERGENCY, PLEASE CALL 911.

NAME

DATE

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