



## Pre-Operative Instructions

- Make arrangements for an adult to come with you, drive you home, and stay with you for the first night you are home.
- Do NOT put on lotions, deodorant, or makeup on the morning of your surgery.
- It is recommended that you use Chlorhexidine soap to get your skin ready for surgery.
  - This is available at most pharmacies. Look for: Hibiclens, Chlorhexidine, or Pre-surgical antiseptic skin cleanser.
  - Use in the shower for 2 days before and on the morning of your surgery to reduce your risk of infection.
  - Instructions for using Chlorhexidine shower soap:
    - Step 1: Wash your hair, face, and body, with your normal shampoo, conditioner and soap. Rinse completely.
    - Step 2: Turn off the shower or step out of the bathwater.
    - Step 3: Pour a quarter size amount of liquid CHG soap onto a wet, clean washcloth and apply to your entire body FROM THE NECK DOWN ONLY, (DO NOT use CHG on face, hair, or genital area)
    - Step 4: Rub the soap filled washcloth over your entire body for 3 minutes – apply more soap as needed (no more than 1/3 of the bottle should be used with each shower).
    - Step 5: Turn on the shower or return to the bath and rinse the liquid soap off your body.
    - Step 6: Towel dry.

## Diet

- Do NOT eat or drink after midnight the night before your surgery.
- Do NOT take anything by mouth the morning of surgery. This includes ice, mints, gum, antacids and cough drops.
- You may take your approved morning medications with a small sip of water.

## Smoking

- Do NOT smoke for 4 weeks before surgery and for 4 weeks after surgery.
- Smoking causes poor blood circulation and healing complications.
- Nicotine patches, nicotine gum, or e-cigarettes are NOT recommended.
- Talk to your primary care physician for safe ways to help you stop smoking.

## Medications

- Do not take aspirin, Ibuprofen (Advil, Motrin), or Naproxen (Aleve) for 1 week before surgery.
- Do not take Tamoxifen or herbal supplements for 2 weeks before surgery and for 1 week after surgery.
- Talk to your doctor about medicines you take to thin your blood and prevent clots. You may need to change these or adjust the amount you take before surgery.
  - Aspirin, anti-inflammatory drugs like Ibuprofen (Advil, Motrin), or Naproxen (Aleve), Elmiron, Clopidogrel (Plavix), Prasugrel (Effient), Ticagrelor (Brilinta), Ticlopidine (Ticlid), Warfarin (Coumadin), Enoxaparin (Lovenox), Dabigatran (Pradaxa).

## Home Care Instructions

### Follow-Up Visit

- After your surgery, call 855-687-6227 to schedule an appointment (if you have not already done so).
- Our Columbus office is located at 1329 Cherry Way Dr., Ste 700, Gahanna, OH 43230

### What to Expect After Surgery

- Someone needs to stay with you for the first 24 hours after you are home.
- You may have tenderness, swelling, drainage and numbness at the incision site that can last for several weeks.
- Given your type of surgery it may be necessary to sleep on your back or in a recliner until drains are removed or enough healing has occurred not to improperly position the reconstruction or cause delay in your wound healing. Please discuss with your doctor your specific requirements.
  - DIEP flaps - 4-6 weeks
  - Implants/Revisions - 2-4 weeks

### Wound Care

- Do NOT shower for the first 48 hours. Take a sponge bath only and clean the area with soap and water and pat dry.
- Do NOT soak in a bathtub or swim in any body of water for at least 6 weeks and only if all wounds are fully healed with no redness, drainage, or scabs.
- After 48 hours you may shower using dial antibacterial soap with a clean washcloth each time. No shower gels or loofahs. Do NOT allow the water to directly hit your incisions but water and soap may run over them. Do NOT directly wash your incisions until 1-2 weeks after surgery.
- Do NOT use chlorhexidine soap after surgery or peroxide on your incisions as this will delay healing and is too harsh on fresh incisions!
- Incisions will be directly covered with skin glue or steri strips. Leave these in place until they fall off on their own. Cover with additional gauze if needed.
- For 2 to 3 days after your surgery, you may have small amounts of blood-tinged drainage at the incision,
  - Cover the site with a dry bandage and replace daily as needed. Non-stick gauze works best.
  - Do not put anything on the incision unless your doctor gives you other instructions.
- Wear your surgical bra/sports bra at all times except when bathing for 4 weeks.
- Wear an abdominal compression garment (shapewear/abdominal binder) for DIEP flap cases for 6 weeks (after abdominal drains have been removed) or liposuction/fat grafting for 4 weeks.

### Diet

- Advance from a light diet to your regular diet as tolerated.
- Increase water intake daily to 64 ounces at least.
- Your pain medicine may cause constipation. You may be told to take a stool softener.
  - If constipation continues, call the office to discuss your symptoms. You may need a laxative.

## Medicines

- Take your medicines as prescribed by your doctor.
- Do not take aspirin or blood thinners for 7 days after your surgery.
- Call the office during regular business hours if you continue to have pain and are running out of pain medication. Our office does not fill prescriptions during evenings or weekends.
- Start transitioning off narcotic pain medications as soon as possible. A good way to accomplish this is by using a combination of over the counter pain medications including an NSAID (aleve/naproxen/advil/ibuprofen) and tylenol (acetaminophen).
  - Some individuals are unable to take NSAIDS for a variety of reasons, if you know you are one of these people or if you're unsure please consult your doctor.
    - Please evaluate your pain level at every tylenol/narcotic dose and determine if both are needed or just tylenol only. This is how you will slowly wean off the narcotics.
    - **Max** dose of advil/ibuprofen is 2400-3200 mg daily
    - **Max** dose of Aleve/naproxen is 440 mg daily
    - **Max** doses of Tylenol/acetaminophen is 4000 mg daily
      - **\*\*\*REMEMBER there is usually Tylenol in your narcotic pain prescription please read your bottle carefully for the dose and add in to your total appropriately.\*\*\***
  - It can also be helpful for the anti-inflammatory benefit to take the NSAID for 10-14 days after surgery regardless of pain to help with any post-operative swelling you may have.

## Smoking

- Do not smoke for 4 weeks before and for 4 weeks after your surgery.
- Nicotine gum or patches are not recommended.
- Smoking causes poor blood circulation and prevents healing.

## Activity

- Light activity and walking is recommended as tolerated.
- Do NOT lift more than \_\_\_ pounds x \_\_\_ weeks.
  - General guidelines include...
    - DIEP flaps - 10 pounds x 6 weeks
    - Implant reconstruction - 10 pounds x 3 weeks
    - Revisions - 10 pounds x 2 weeks
- Avoid repetitive arm motions x \_\_\_ weeks, ie. vacuuming/laundry/pushing/pulling
  - General guidelines include...
    - Surgeries with breast drains - 1 week after final drain removal
    - Revisions/Reductions - 2 weeks
- Do NOT raise your arm(s) above your shoulder x \_\_\_ weeks.
  - General guidelines include...
    - Mastectomy with any reconstruction - 3 weeks
    - All other surgery - 2 weeks
- Do NOT do strenuous activity or work out until you are at least \_\_\_ weeks out from surgery.
- Sexual activity may be resumed only when your incisions are closed with no active drainage or open wounds and your body feels ready.

Call our office at (855)687-6227 if you notice any of the following:

- New or increasing pain
- Redness, swelling, or drainage at the drain site
- Fever above 100.5°F
- A sudden increase in drainage amount (greater than 40ml)
- Foul odor to drainage
- If there is no drainage or fluid is leaking where the tube leaves the skin
- If the drain falls out
- If you cannot clear clogs from the tubing

## Drain Care

- Drains promote healing by preventing blood and fluid from collecting at the surgical site.
- Drains are usually in post-operatively for 2-3 weeks, sometimes more or less depending on the amount of drainage.
- The drain site does not need to be covered, but you may use gauze and tape to cover the area.
- It is not critical if your drain falls out. Tape a gauze dressing over the drain site and call our office during daytime hours.
- A drain may be removed when the daily output is less than 30ml per day over several days.
- Only one drain per area will be removed at each office visit.

### Emptying your drains:

- Empty the fluid in the drain two times each day-- in the morning and evening.
  - Empty more frequently if the bulb fills quickly.
  - Record the amount of fluid that is emptied from each bulb on the drainage log.
  - Your drains will be labeled with a number if you have more than one, so be careful to accurately log the drain output with the correct drain.
1. Wash your hands with soap and warm water.
  2. Notify our office if you notice redness at the drain site or a foul odor from the drainage.
  3. Un-do the safety pin holding the bulb to your clothes.
  4. Open the plug on top of the bulb.
  5. Turn the bulb upside down over and empty measuring cup.
  6. Squeeze the bulb until it is flat. While squeezing it flat, replace the plug.
  7. Re-clip the safety pin to your clothes at a point lower than where the tube leaves your body. Avoid kinks in the tubing.
  8. Measure the amount of drainage in milliliters (ml). Empty drainage in the toilet.
  9. Record the date, time, amount, and color of drainage output in the log.
  10. Wash your hands with soap and warm water.

## **“Stripping” the drain tubing:**

- Your drain tube can get clogs or clots of blood that prevent fluid from draining to the bulb.
  - You can break up these clogs by “stripping” or “milking” the drain tube.
    - Use your fingers to squeeze along the length of the tubing
  - Please strip the drain in the morning and evening prior to emptying your drain and recording it's output.
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1. Hold the top of the drain tube firmly near where it exits your skin to prevent the drain from pulling on the skin.
  2. Pinch the tubing firmly between your thumb and index finger of your other hand until it is flat.
  3. Slowly pull your pinched fingers down the entire length of the tubing toward the bulb. Avoid damaging tubing with your fingernails. You may pause and slide your top hand down to meet the bottom hand and continue stripping with the bottom hand. This may be done several times to allow easier stripping along the entire length of the tubing.
  4. You may need to stop and start in order to move the clog through the tube.



Name:			Surgery Date:			
	Date:		Date:		Date:	
	AM	PM	AM	PM	AM	PM
Abdomen 1	mL	mL	mL	mL	mL	mL
Abdomen 2	mL	mL	mL	mL	mL	mL
Right Breast 1	mL	mL	mL	mL	mL	mL
Right Breast 2	mL	mL	mL	mL	mL	mL
Left Breast 1	mL	mL	mL	mL	mL	mL
Left Breast 2	mL	mL	mL	mL	mL	mL
	Date:		Date:		Date:	
	AM	PM	AM	PM	AM	PM
Abdomen 1	mL	mL	mL	mL	mL	mL
Abdomen 2	mL	mL	mL	mL	mL	mL
Right Breast 1	mL	mL	mL	mL	mL	mL
Right Breast 2	mL	mL	mL	mL	mL	mL
Left Breast 1	mL	mL	mL	mL	mL	mL
Left Breast 2	mL	mL	mL	mL	mL	mL

\*\*\*Please make sure to bring your drain log to every post op appointment\*\*\*



Name:			Surgery Date:			
	Date:		Date:		Date:	
	AM	PM	AM	PM	AM	PM
Abdomen 1	mL	mL	mL	mL	mL	mL
Abdomen 2	mL	mL	mL	mL	mL	mL
Right Breast 1	mL	mL	mL	mL	mL	mL
Right Breast 2	mL	mL	mL	mL	mL	mL
Left Breast 1	mL	mL	mL	mL	mL	mL
Left Breast 2	mL	mL	mL	mL	mL	mL
	Date:		Date:		Date:	
	AM	PM	AM	PM	AM	PM
Abdomen 1	mL	mL	mL	mL	mL	mL
Abdomen 2	mL	mL	mL	mL	mL	mL
Right Breast 1	mL	mL	mL	mL	mL	mL
Right Breast 2	mL	mL	mL	mL	mL	mL
Left Breast 1	mL	mL	mL	mL	mL	mL
Left Breast 2	mL	mL	mL	mL	mL	mL

\*\*\*Please make sure to bring your drain log to every post op appointment\*\*\*



## Nutritional Support & the Surgical Patient

What can YOU do to help achieve the best outcome?

- **Protein** serves an important role in wound healing and tissue maintenance during the postoperative period, in addition to other important roles.
- Postop protein requirements can range from 1.5 - 2 grams per kilogram of body weight
  - Example: a 200 pound female who had a bilateral mastectomy with DIEP flap reconstruction would need 182 grams of protein per day
  - $(\text{weight in pounds})/2.2 = \text{weight in kilograms}$
  - $\text{Weight in kilograms} \times 2 = \text{grams of protein that should be consumed each day}$
- **YOUR DAILY PROTEIN REQUIREMENTS:** \_\_\_\_\_ grams per day
- Protein sources:
  - Meats
  - Fish
  - Egg whites
  - Protein powder
    - Whey protein: fast absorption, increased protein synthesis, enhanced immune function & antioxidant activity
    - Casein protein: slower absorption, will give you a “fuller” feeling for longer
  - Beans
  - Yogurt, especially greek yogurt
- Do **not** take in as much protein if you’ve had any history of kidney stones, kidney disease, gout or osteoporosis
- Make sure to drink **at least 64 ounces (½ gallon) of water per day**. Aside from other health benefits, this helps to flush excess protein from the kidneys.
- **Vitamin C** is a nutrient that is critical to wound healing because it is responsible for making connective tissue
  - Some studies have shown that consuming up to 1000 milligrams of Vitamin C for one week after surgery can help to expedite tissue repair