



Pre-Operative INSTRUCTIONS FOR BREAST Reconstruction SURGERY

Please watch the following videos, which correspond with the instructions below:

- Pre- and post-op instructions for breast and body surgeries <https://youtu.be/sqSs7Niflrs>
- Instructions for breast reconstruction surgery https://youtu.be/Mn5q_q_k6oI
- JP drain maintenance <https://youtu.be/gp0FTvZRbV0>

FOUR WEEKS BEFORE AND AFTER SURGERY:

- You will need to refrain from all nicotine products, including cigarettes, pipe tobacco, chew or “the patch.” Nicotine interferes with healthy circulation and may affect the result of your surgery. It also places you at higher risk of complications when receiving anesthesia.

THREE WEEKS BEFORE SURGERY:

- Based on your individualized assessment, we may request for laboratory tests and/or EKG. If you are having testing at a lab other than the one we suggested, you are responsible for having the hard copy results arrive at our office one full week before surgery (our fax number is 585-271-4786).
- A mammogram done within the past year is required for any female at or over the age of 35 for any type of breast surgery.
- **SURGERY WILL NEED TO BE CANCELLED IF THERE IS ANY CHANCE THAT YOU ARE PREGNANT.**
- All fees are due, including surgical, facility and anesthesia.

TWO WEEKS BEFORE SURGERY:

- We ask that you do not take any products that “thin the blood” in order to minimize bleeding during and after surgery. For example, avoid products containing aspirin, ibuprofen (Advil, Motrin, Aleve), non-steroidal anti-inflammatory medication or Vitamin E. However, Tylenol is acceptable. Many herbal supplements and vitamins found over the counter may also increase bleeding risk. For this reason, we ask that you provide the names of all prescription and over the counter products you use or take. At your pre-operative visit, we will instruct you on when to restart these products.
- If your destination after surgery is more than 30 minutes from the Lindsay House Surgery Center, you must make arrangements to stay in a hotel or at the Carriage House on the night following surgery. A list of hotels can be obtained from our patient care coordinator.

ONE WEEK BEFORE SURGERY:

- Do not drink alcohol.
- Please ensure that all required laboratory tests and/or imaging have been completed by this time. Our fax number is 585-271-4786.
- Please stop applying self-tanner if used.

THE DAY BEFORE SURGERY:

- The Surgery Center will call you after noon to inform you of your arrival time for surgery.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT** (This includes water and gum chewing). Surgery may be cancelled if this is not followed. A fasting state is required in order to receive sedation for surgery, unless you are instructed to take a specific medication with a small sip of water the morning of surgery.
- If you are having breast reconstruction surgery, you will be given **chlorhexidine gluconate antimicrobial soap** at your pre-op visit. You will need to shower using this soap the **day before and the day of surgery**. You should wash the entire body and pay special attention to the chest, arm pits, arms, and abdomen as well as any other surgical sites.

DAY OF SURGERY:

- Go to Suite 101 (Lindsay House Surgery Center).
- You may shower and shampoo the morning of surgery. **If you are having breast reconstruction surgery, you will use chlorhexidine gluconate antimicrobial soap as instructed.**
- Do not wear makeup or use hair sprays/gels.
- **NO ACRYLIC NAILS OR NAIL POLISH (INCLUDING GEL/POWDER). NO EYELASH EXTENSIONS OR MASCARA (flammable).**
- Do not wear contact lenses. Glasses are ok to wear.
- Avoid clothing that must be pulled over the head. Wear loose fitting clothing (button down or zip up).
- If you wear dentures, please leave them in place.
- Do not wear jewelry (including body jewelry) or bring valuables to surgery.
- If you have your menses, please wear a feminine napkin not a tampon.

General post-operative instructions

- **A responsible adult must provide transportation for you after surgery (public transportation is not permissible). He/she must stay with you overnight and after surgery until the morning following the procedure. If you are having several procedures, you may need or prefer assistance for 1-2 days following your procedure.**
- Avoid making major decisions or participating in activities that require judgment for 24 hours.
- Take all medications as instructed.
- Do not drive for the first 24 hours after surgery or while you are taking narcotics. Full clearance to drive will be based on procedure and your surgeon's instruction.
- Do not consume alcohol for **1 week** after surgery or while taking narcotics
- At your pre-op visit, you will receive an incentive spirometer, which is a breathing device that will help you take slow, deep breaths to expand and fill your lungs with air. This will prevent post-operative lung complications, such as pneumonia and atelectasis (lung collapse). You should use your incentive spirometer **10 times every hour** while awake for the first few days after surgery.
- Slight temperature elevation during the first 48 hours after surgery is a natural consequence of the body's reaction to surgical trauma. The Tylenol you take post operatively (either alone or in your pain medication) should control mild fevers. If the temperature is over 101, most of the time the cause is not walking or doing the incentive spirometry breathing treatments enough. Call us if your temperature stays higher than 101.5 for more than 4 hours and does not respond to walking, deep breathing and coughing
- Drink plenty of fluids (8-10 glasses/day) for the first couple of weeks after surgery as this will help you to remain well hydrated and reduce swelling.
- Staying well hydrated will help prevent post-operative constipation. It is common not to have a bowel movement for 2-5 days after surgery due to slower motility of the gastrointestinal system. This is usually due to the medications you receive during surgery as well as post-operative pain medication. In addition to drinking plenty of water, take Colace (a stool softener recommended at your pre-op visit) and taper pain medication as soon as possible. Occasionally, a stronger medication for constipation, such as Dulcolax tablets or Magnesium Citrate may be necessary.
- If you have not urinated after 6 hours of being home from surgery, please contact our office.
- If you are wearing a compression garment, using a funnel to direct urine flow may help keep the garment dry.
- Limit your activities for the first 24 hours after surgery as you may feel tired for the first few days. Walk for short distances during the first 24 hours after surgery to promote blood flow in the lower body and prevent blood clots. In order to further prevent blood clot formation, we encourage you to pump legs while lying down. You will also be given supportive stockings the day of surgery, which you should wear consistently for 1 week after surgery.
- You will have physical activity restrictions post operatively, which includes exercise and sexual activity. Return to physical activity will depend on the type of surgery you are having done and will be further discussed with your surgeon.
- During the first few weeks following surgery it is common to weigh more than before surgery due to swelling and extra fluid. This will resolve over time.
- No swimming or hot tub usage for at least **2 weeks** after surgery – this may also be further discussed with your surgeon
- Avoid direct sunlight to the incision for at least 1 year. Use a sunscreen with zinc oxide with an SPF of 20 or greater to help decrease the visibility of the scar.

post-operative care for breast reconstruction

- If you are having immediate reconstruction done at the same time as your mastectomy, make arrangements to spend at least one night in the hospital.
- If you are not staying in the hospital following surgery, you will need to arrange transportation for your appointment at our office on the day following surgery.
- You cannot drive for the first 24 hours. Do not drive if you are taking pain medications and/or until your physician gives you clearance.
- Avoid making major decisions or participating in activities that require judgement for 24 hours.
- Take all medications as instructed.

Surgical Site Care:

- When you come out of surgery, you will be wearing a compression bra with front closure, which you will not change until your first shower. Thereafter, you will wear compression bra (washed daily) at all times for about 6 weeks or per the instruction of Dr. Amalfi. You may also purchase a sports bra (no underwire or push up) of your choice as long as it provides gentle compression to your breasts. We also recommend wearing oversized button up shirts and zip front hooded sweatshirts for ease and comfort.
- Your breast incisions may be closed with dissolvable sutures and/or Dermabond (surgical adhesive). You may also have steri-strips placed over your incision lines covered with gauze. It is very common to have some bloody drainage from the incisions for 24-48 hours. If your procedure includes fat grafting, you may notice a significant amount of drainage from the fat harvest sites for the first 12-24 hours. Change absorbent gauze at surgical sites as needed to help keep the incisions clean and dry. Profuse bleeding that does not stop with five minutes of pressure should be reported to the office.
- After surgery you will have **one or two drains** per breast. Drains help to remove excess fluid from the area. The amount of drainage will determine how long the drains will be left in place. Follow the separate instruction sheet on documenting drainage.
- Swelling and bruising are normal in the immediate postoperative period. This will gradually decrease the following weeks and months. Your final result will be seen at one year, once you have fully healed.
- Keep your dressing clean and dry for the first two days. **On day 2, you may shower allowing surgical sites to get wet.** Showering helps remove bacteria and decreases the risk of infection. If you have steri-strips, you can get them wet, but do not remove them. Gently pat yourself dry with a towel or use a blow dryer (cool setting) to dry the steri-strips. You may use lotion over the breasts to help the skin heal and prevent dryness, but do not put any lotions or creams directly on your incision, unless something is given to you by your physician.
- Eventually, steri-strips may start to come off on their own. If the strips are not completely off after two weeks, gently remove them as they may start to irritate your skin.
- Walk for short distances during the first 24 hours after surgery to promote blood flow in the lower body and prevent blood clots. In order to further prevent blood clot formation, we

encourage you to take short walks at least every 1-2 hours and pump your legs while lying down. You will also be given supportive stockings the day of surgery, which you should wear consistently for 1 week after surgery.

- Some patients will also be prescribed an injectable blood thinner called Lovenox to help prevent blood clot formation. The risk of blood clot formation in breast reconstruction is higher compared to other surgeries and we are very committed to prevention. Lovenox is typically started after surgery. If your surgery is done at our surgical center, you will be instructed to either bring your first syringe to your post op day one appointment or to surgery depending on what day your surgery falls. If you require an overnight stay at the hospital, the inpatient nurses will administer your first injection. You should stop this medication immediately and call us if you experience any unusual bleeding. We will further discuss Lovenox instructions when you come into the office for your pre-op visit. If you are NOT a candidate for this medication, it means you are at lower risk but it's still **extremely** important to follow the above instructions for prevention.
- Plan to take off at least 2-4 weeks from work to rest and heal at home. Plan to have assistance with household chores and child care post-operatively. You may start to slowly resume normal activity at 4 weeks, and return to normal activity at the 6-week mark.
- Do not exercise or do anything that may raise your blood pressure for **4-6 weeks after surgery**. This can increase your risk for bleeding. You may use your upper body for everyday tasks (for example – reaching for or putting away dishes). Refrain from using the upper body muscles in a repetitive or strenuous motion for **6 weeks**, such as vacuuming, lifting young children, upper body exercises, etc.
- In order to further reduce visibility of scar/aid in the healing process, you may start using a scar gel post-operatively once incisions are healed. Dr. Amalfi recommends **Biocorneum**, a medical grade silicone gel that also contains SPF sunscreen, which is massaged onto the incisions. This is available for purchase in the clinic.

CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING EMERGENT ISSUES:

- Fever of 101 degrees or greater
- Pain not relieved with pain medication
- Swelling, redness, bleeding, and or/foul smelling drainage from an incision site
- **Significant** asymmetrical swelling, drainage, or pain in a bilateral procedure
- Bleeding that does not respond to uninterrupted direct pressure for at least 20 minutes
- Problems with drains that are not solved using the troubleshooting instructions that are provided
- Persistent nausea and/or vomiting

***General medical questions** can be addressed during regular business hours M-F 8:30am-5pm (585-244-1000).

EMERGENT surgical issues can be addressed on evenings or weekends via our on-call EMERGENCY Line (585-258-4851).

The Patient Consultant will make your postoperative appointments.

I have reviewed and understand the terms of this consent.

Patient Signature: _____ Date: _____

Patient Name (print): _____

Witness: _____ Date: _____