



JONATHAN HEISTEIN, M.D.  
PLASTIC & RECONSTRUCTIVE SURGERY

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## BREAST IMPLANT/RECONSTRUCTION HOME INSTRUCTIONS

### DIET

- Start with a light diet – mainly liquids, then progress to a regular diet.

### ACTIVITY

- Take it easy and do not schedule any significant activities for the first 1-2 weeks.
- Weight lifting, jogging, high impact aerobics and vigorous arm activities should be avoided for 3-4 weeks.
- Deep breathing exercises should be done every hour while awake for the first 48 hours.
- Keep your head elevated as much as possible for the first 24 hours (i.e. rest in a reclining chair or sleep with 2 pillows in bed)

### MEDICATION

- ***Do not take aspirin/ibuprofen-type pills unless directed by Dr. Heistein!***
- Take pain medication as prescribed and directed.
- You MUST continue to take the antibiotic until the drains are removed.
- Take Regular or Extra-Strength Tylenol 1-2 tablets every 4-6 hours as needed for lesser pain.

### WOUND CARE

- ***Do not smoke!***
- Wear the surgical bra (or sports bra) at all times except to shower.
- You may shower in 24 hours. Do not scrub incisions – just let water run over them gently.
- Reapply new gauze pads daily after showering.
- You may use crushed ice packs around the breasts for the first 24-48 hours for comfort and to reduce swelling. Do not apply directly.
- If a strap or ace bandage was placed after surgery, then replace it after showering.
- Reinforce the sterile gauze dressing if there is some leakage from the incisions.

### PROBLEMS

***Call Dr. Heistein if you have problems or concerns. Observe and call for any of the following:***

- Temperature above 101.
- Excessive drainage.
- Increased pain that is not relieved by pain medication.
- A change in the appearance of your breasts (i.e. if one suddenly appears larger, more painful, or if excessive bruising or hardness is noted).
- ***If unable to contact Dr. Heistein in an emergency situation, go to the nearest emergency room.***

### ANESTHESIA

- If you had general anesthesia, you may have a sore, dry throat. Throat lozenges and/or gargles may give relief.
- You may have muscle soreness, a jittery feeling, or nausea for 24-48 hours.

### SPECIAL INSTRUCTIONS \_\_\_\_\_

### FOLLOW - UP

- Please call today to schedule your post-operative appointment for \_\_\_\_\_ (unless previously scheduled)