

Baystate Plastic and Reconstructive Surgery

Post-Op Second Stage Breast Reconstruction

- Keep the incision dry for 48 hours. After 48 hours you may get the incision site wet but be sure to pat dry after getting it wet. (Do not shower during this time frame).
- During shower, keep in mind your breast may have little sensation, be aware of water temperature.
- You will have steri-strips (white thin bandages along incision line), keep those on, they will fall off on their own, or will be taken off at first post op visit.
- If you have pain you may take Tylenol or Ibuprofen (please check with MD prior to taking these). It is best to take the medication as prescribed around the clock for the first few days. Please continue your antibiotics and do not stop these unless directed by the MD.
- Watch for signs of infection such as redness, increased pain, warmth, swelling, drainage or a fever of 101F. If you have any signs of infection, please call the office immediately.
- Do not lift your arms and hands above your head, light activity only, no heavy lifting above 15 pounds.
- If you have any questions or concerns please call the office at 413-794-5363.

Follow-up Appointment:

Date: _____

Time: _____