

## **ALLODERM BREAST REVISION POST-OPERATIVE INSTRUCTIONS**

### **Supplies to have at home before surgery:**

- Prescription medications
- Acetaminophen (Tylenol) and ibuprofen (Advil)
- Dimenhydrinate (Gravol) (anti-nausea medication)

### **Activity:**

- The chest dressing needs to stay in place and remain dry until your first post-operative appointment at 1 week after surgery
- No showering for the first week after surgery. Careful sponge baths can be done during this time.
- Avoid excessive physical activity or lifting objects greater than 10 lbs for 4 weeks after surgery
- Laying on your back or side is fine but do not lay directly on your chest
- Don't sleep with pets in bed for the first two weeks after surgery
- Avoid smoking or exposure to second-hand smoke
- No baths, swimming, or hot tubs for four weeks after surgery

### **Drain care:**

- Follow the drain care and recording information present on the Drain Care post-operative form
- When Alloderm is used, drains must remain in place for a minimum of 4 days
- You may have one or two drains
- The drains are removed after there has been 30 cc's or less of drainage over a 48 hour period
- After the drains are removed at the first post-operative appointment, there may continue to be a small amount of drainage present over the next few days. These drain holes will close over the next 7-10 days.
- Before your first post-operative appointment, call ahead with your recorded drain totals

### **Medications:**

- Ibuprofen (Advil) 400 mg is to be taken 3 times per day: breakfast, lunch and dinner with food. **NEXT DOSE:**

- Acetaminophen (Tylenol) 500 mg is to be taken 4 times per day: breakfast, lunch, dinner and bedtime. **NEXT DOSE:**
- Narcotic prescription hydromorphone (Dilaudid) or Tylenol #3 is to be taken every 4 to 6 hours, ONLY as needed. **NEXT DOSE:**
- Antibiotic (cephalexin or clindamycin) is to be started the morning after surgery until completed
- Dimenhydrinate (Gravol) may be taken according to package instructions for post-operative nausea and vomiting

### **First Post-operative Appointment:**

- Your chest dressing will be removed at this appointment
- There may be one suture that is removed at this appointment for each breast. All others will dissolve on their own.
- Swelling, bruising and some degree of asymmetry is expected at this appointment
- The breast implant that has been treated with Alloderm will usually appear higher than the other side. This will improve over the next several weeks.

### **Wound Care:**

- The tapes (Steri-strips) present on the incision line can be removed in the shower following the first post-operative appointment
- Any dried blood along the breast incision lines can be safely removed with the use of a Q-tip dipped in hydrogen peroxide or warm water. This can be done twice a day, followed with a thin application of Polysporin to the incision line.
- Do not continue to apply Polysporin to the incision line daily past 1 week. This can result in a rash or allergic reaction.
- If there is a small amount of bleeding along the incision line, hold constant firm pressure with sterile gauze or a clean towel for 20 minutes. If bleeding continues afterwards, call the clinic or Dr. MacArthur directly.

### **Recovery:**

- Scar massage with moisturizer can begin after the first post-operative appointment
- Sunscreen is extremely important. The use of SPF 45 or higher along the incision line will prevent pigment changes due to sun exposure. This can be started 2-3 weeks after surgery. This needs to be done while wearing a bathing suit or light clothing.

**Bra use:**

- A surgical bra will be provided to you at your first post-operative appointment
- A sports bra can be worn at 4 weeks after surgery
- An underwire bra can be worn at 6 weeks after surgery
- Different surgeons make different recommendations for bra guidelines after surgery. It is important to follow the guidelines recommended to you by your plastic surgeon based on your surgery.

**RED FLAG SYMPTOMS:**

If any of the following symptoms develop post-operatively, please contact the clinic immediately.

- One breast becomes much larger than the other
- Increasing pain, redness, foul odour or drainage from the incision
- Sudden increase in swelling in the cheek, jawline or neck
- Fever exceeding 38.3°C
- Persistent bleeding from an incision
- Sudden onset of chest pain or shortness of breath (For chest pain lasting longer than 5 minutes, call 911)
- Pain or swelling of the leg
- Persistent dizziness or loss of consciousness
- Coughing up blood or bloody stool

If you develop any of these symptoms and are unable to reach the clinic or Dr. MacArthur, present to the nearest Emergency Room.

**Do not hesitate to call with any questions or concerns.**

**Clinic business hours (9AM to 4 PM): 613-595-1880**

**After hours: 613-219-9636 (Dr. MacArthur Cell)**

**Patient signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**RN signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_