



Chest Construction Post Surgery Instructions

After your surgery

- Leave all dressings and the surgical garment in place until you have your first post operative appointment. Make sure that dressings stay dry and clean – you may sponge bathe around the dressings
- Do not lie in bed for long periods of time after surgery. You should be up and walking around starting on the day of surgery. No running, workouts, or lifting over 10lbs for 4 weeks after surgery.

Dressings and Drains

- The dressing will be taken down 6-8 days after surgery by the surgeon
- If you have drains, you will need to measure the output from each drain and record the 24hr totals; the drains will be removed by a homecare nurse or your surgeon
- If you have a nipple graft, you will require dressings for an additional 7 days after your initial surgical dressings are removed. These dressings will be provided for you at your first follow up appointment. You will not be able to have a full shower until 14 days post surgery.
 - You will do the dressings every other day for the week following your first dressing removal (done by your surgeon); this will involve placing a small square of Jelonet over the graft and then a Mepore or other similar Band-Aid over this. Then replace the compression garment.
- You will have steri-strips over the incisions that will stay in place. Once you start showering, you can shower directly over the steri-strips. Pat dry after shower. These steri-strips will peel off on their own over about 2-3 weeks.
- After the steri-strips are off, apply either the surgical scar gel (from our office) or Vaseline to the incisions daily after your shower. Do not use anything else on the scars. Do this for 6-12 months after surgery.
- The surgical garment is to be worn for the first 4 weeks after surgery

Pain control

- The chest area may be quite tender for the first couple of days after surgery, but the pain will improve daily.
- Take the Celebrex as prescribed at the Tramacet as needed after surgery
- Switch to Tylenol 500-1000mg every 6 hours once you are done the Tramacet or feel that you no longer need this stronger medication (do not take Tylenol and Tramacet together; one or the other)
- Once you complete the Celebrex you can use Ibuprofen 400mg every 6 hours for the pain if needed

Things to expect after surgery

- Swelling and mild bruising of the chest area is to be expected for the first several weeks after surgery. You will have more bruising along the sides of the chest if you have had liposuction with your surgery. This is normal.
- Scars take at least 1 year and sometimes longer to fully mature (become pale and flat), however remember that everyone scars differently.
- It takes up to 6 months for complete healing and settling of the chest tissue.

Reasons to call the office (daytime) or go to the emergency department (after hours)

- If one side suddenly becomes significantly large and painful, you may have developed a hematoma, or bleeding. Seek medical attention.
- You will have some redness right around the incisions, which is a normal part of the healing process. However, if the redness spreads across the chest and the area becomes very tender, you might have an infection. Seek medical attention.