

## Postoperative Instructions For Dr. Momtazi's Free Flap Breast Surgery Patients

These instructions are designed to help you care for your breast reconstruction and obtain the best possible results.

### Diet

- No dietary restrictions; if you wish, you may drink coffee and wine and eat cheese, chocolate and mint

### Showers

- Please remove all dressings two days after your surgery; at this time, you should start daily showers
- Gently wash all of your skin, including the areas where you had your surgery, daily using mild soap and water
- Any soap is ok, but avoid fragrances
- It is safe to shower with your drains in place; do not take a bath until ok'd by Dr. Momtazi
- It is safe to wash over your Steri-Strips (white stickers); it is ok if they get wet and fall off in the shower
- Do not use alcohol or peroxide to clean your skin
- After washing, pat all areas dry and leave open to air
- If you wish to cover the area, you may reapply a light gauze dressing
- Do not apply creams, moisturizers, oils, or other products on or near where you had your surgery

### Drains

- Keep track of how much fluid is coming out of your drains; you will be shown how to do this
- Drains are removed when the output is less than 20 ml in 24 hours for two days in a row
- Please do not let anyone remove your drain without speaking to Dr. Momtazi first

### Bras and Abdominal binder

- You may wear a sports bra if this provides you with comfort; please do not wear an underwire bra
- Please wear your abdominal binder at all times for at least 4 to 6 weeks

### Pain

- Pain to the area where you had your surgery is normal and expected; this should improve over several days
- If you have pain, start by taking BOTH Tylenol (acetaminophen) and Advil (ibuprofen) together, as ordered
- It is safe to take Tylenol (acetaminophen) and Advil (ibuprofen) at the same time (unless otherwise directed)
- If you continue to have pain, you can ADD the prescription pain medication ordered by your doctor
- It is safe to take Tylenol, Advil and prescription pain medication at the same time

### Activity

- No strenuous activity (nothing that will increase your blood pressure) for 4 weeks minimum
- No lifting greater than 5 pounds for 4 weeks minimum
- Activities such as showering, cooking and moving around your home are ok

### Follow up

- Dr. Momtazi will see you in follow up on \_\_\_\_\_

### Questions

- If you have questions about your breast cancer reconstruction, please call our office (613) 737-8899 ext. 73480
- We are available Monday to Friday from 8:00 AM to 3:00 PM

### Urgent concerns/emergencies

- For urgent or emergent concerns outside of regular office hours, please call (613) 737-8899
- Tell the operator that you are Dr. Momtazi's patient and ask to speak with the plastic surgeon on call

