



INSTRUCTIONS FOLLOWING YOUR BREAST RECONSTRUCTION

1. Forget all that you have been told prior to this appointment with respect to post-operative care.
2. If you have questions about care, please call this office.
3. Take a lukewarm shower at least 2 times per day. Use Johnson & Johnson's baby shampoo as a body wash or liquid dial soap. Lather your hands and wash over all incisions, steristrips, and drains. Rinse thoroughly. Apply a light sterile dressing as needed. Reapply your surgical bra/breast binder.
4. Strip and record drain output at least 4 times per day. More is better up to every couple of hours the first week after surgery.
5. Stay inside an air conditioned or heated environment until your first postop visit or until directed by Dr. Humphrey.
6. Do not raise your hands above your shoulders except for hair/face washing and makeup.
7. Keep your elbow(s) on the side of your surgery close to your sides at all times, except when washing hair/face or applying makeup.
8. Do not take narcotic pain medication on an empty stomach. Eat a meal or savory substantive snack and wait 5-10 minutes after, before taking narcotic pain medications.
9. While recovering from surgery, you should walk inside your home every few hours while awake to decrease the risk of developing blood clots in your legs or lungs.



10. Keep your follow up appointment as scheduled.
11. If you have questions or concerns before your follow up appointment, call or come into office. If there are concerns or issues, we are happy to get you into clinic earlier.
12. ALWAYS WASH HANDS THOROUGHLY BEFORE TOUCHING OR CARING FOR SURGICAL SITE

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