

**HEARTLAND PLASTIC SURGERY
J. STEWART HUMPHREY, M. D.
319 S. SILVER SPRINGS ROAD, STE C
CAPE GIRARDEAU, MO 63703
(573) 334-4263**

INSTRUCTIONS FOLLOWING BREAST RECONSTRUCTION SURGERY

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, call this office at 573-334-4263.
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, steri-strips, 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. Keep your follow up appointment as scheduled.
10. If you have questions or concerns before your follow up appointment, call or come into the office. If there are concerns or issues, we are happy to get you into clinic earlier.

ALWAYS WASH HANDS THOROUGHLY BEFORE TOUCHING OR CARING FOR SURGICAL SITE