

INSTRUCTIONS AFTER LATISSIMUS FLAP WITH IMPLANT BREAST RECONSTRUCTION

- After your surgery your mastectomy and back incisions will have an outer dressing which may be removed after 23-48 hours. The steri strips (paper tape) on the incisions should be left in place until your first appointment. If there is no ooze on the dressing you do not need to keep the steri strip covered but you may cover with a gauze or feminine pad as a precaution to protect your clothing.
- You should wear a comfortable bra (avoid under-wire bras) during the day for support. Immediate breast reconstructions (same time as mastectomy) are more in need of support than delayed reconstructions which are usually much more firm. Immediate breast reconstructions will benefit from wearing a bra most of the time for the first few weeks. This will help to shape and position the breasts which will have a tendency to want to fall with gravity (down and outwards).
- It is important that you do a minimal amount of activity with your arms for approximately 2 weeks after surgery. Any movement of the arms will produce more fluid which can be removed by the drains, however it is also a risk of infection around the implant as well. It is OK to do arm movements to ensure you are able to move but limit repetitive activities, chores at home etc.
- You will be given a prescription for antibiotics for several days after surgery.
- Any sign of infection, including redness, increasing pain or swelling, fever or chills is reason to contact Dr. Fortin's office or go directly to the HSN emergency. Dr. Fortin will assess you as soon as possible.
- You may shower after your drains have been removed (home care will be arranged to remove your drain). They will be removed when the amount of fluid coming out reaches the desired level or by 1-2 weeks as determined by your doctor.
- Many wrinkles and folds that are present initially will fade and resolve with time as the scar tissue settles. Major asymmetries still present at the end of 3 months may require a revision surgery.
- Nipple reconstruction is optional and is performed after the 3 months or after any revisions have been completed. It may be done in two stages and can be discussed with Dr. Fortin.