Instructions For Care After Your Breast Reconstruction Surgery

• Stop taking your antibiotic □ today □ tomorrow □ after you’ve taken all of the prescribed dose □ other ____________________.

• It’s okay to take a shower □ today □ tomorrow □ in 48 hrs □ wait until your next appointment.

• It’s okay to start using deodorant and shaving with an electric razor □ today □ tomorrow □ wait until your next appointment □ other ____________________.

• Start your overhead range of motion exercises □ today □ tomorrow □ wait until your next appointment □ other _____________________. Please refer to the following link for a demonstration: www.mskcc.org/pe/exercises_tissue_expander

How to care for your breast(s): _______________________________________________________

How to take care of your drain site(s): __________________________________________________

Your tissue expander size is __________. The amount in your expander now is __________.

MSK has many resources that you might find helpful. Below are some that are often used after breast reconstruction surgery.

• The **Counseling Center** provides counseling for individuals, couples, families, and groups, as well as medications to help if you feel anxious or depressed. 646-888-0200

• The **Integrative Medicine Program** offers services to complement traditional medical care, including music therapy, mind/body therapies, dance and movement therapy, yoga, and touch therapy. 646-888-0800

• The **Breast Boutique** has a large selection of prostheses, surgical bras, camisoles, swimwear, and other necessities. It’s located at 300 East 66th Street (2nd floor). The boutique is staffed with professionally certified fitters to assist you. 646-888-5330

• The **Patient-to-Patient Support Program** connects patients and their caregivers with people who have completed cancer treatment and who can offer unique and personal perspectives. [www.mskcc.org/experience/patient-support/counseling/groups/patient-patient-support](http://www.mskcc.org/experience/patient-support/counseling/groups/patient-patient-support) 646-888-5203

**Things to Avoid:**

• Don’t lift anything heavier than 10 pounds.
• Don’t do any vigorous activity for 6 weeks after the date of your surgery.
• Don’t use heating pads or ice on your chest.
• Don’t wear an underwire bra.
• Don’t soak your incision or apply lotion to it until it is healed (no scabbing present).
• Don’t have an MRI until your tissue expander(s) are removed.

**Call Your Doctor or Nurse If You Have:**

• Swelling or an increase in the size of your breast
• Swelling under your arms
• Redness on your chest
• A temperature of 100.5° F (38.3° C) or higher
• Chills

After hours, during the weekend, and on holidays, call 212-639-2000 and ask for the Plastics Service.

For social work, physical therapy, or occupational therapy, ask us for a referral.