

Profunda Artery Perforator (PAP) Breast Reconstruction

Post-Surgery Information



Important Information

- Take 81 mg of aspirin for one month following surgery.
- Please call the clinic at 407-821-3555 if you develop any significant redness, swelling, fever, chills or have any changes to flap appearance since surgery.

How long is recovery?

Typically, it will be six to eight weeks before you will be able to resume most normal activities. You will be sore for the first three to four weeks. Afterwards, you should begin to improve daily.

Will I have drains in place?

Yes, you will have Jackson Pratt (JP) drains. There will be at least one drain for each PAP breast flap and one at each thigh incision. You will need to empty and record the drainage at least twice daily. We typically remove the drains after you have less than 20 mls of drainage daily, for three days in a row.

Activity

For the first day of hospitalization, you will be on bed rest. You will probably be hospitalized for four to five days. When you return home, you need to take frequent walks to improve your venous circulation and reduce the risk of blood clots. Standing, walking and lying down are ok. You cannot bend over.

Please do not flex the hips more than 45 degrees. This means you cannot sit in a chair, in a normal position. When sitting, you need to recline to reduce tension on your incision and prevent the incision from opening. When you urinate, it may be helpful to use a “female urinal” to eliminate the need to sit. When having a bowel movement, take care to NOT place all your weight on your incisions and avoid moving around while sitting.

When can I exercise?

- No lifting, pushing or pulling over 10 pounds for six weeks after surgery.
- No stooping, bending or climbing for six weeks following surgery.
- No strenuous exercise until after six weeks and your incisions are completely healed.

When can I shower?

Typically, patients are allowed to shower before leaving the hospital after surgery. No tub baths or swimming for six weeks and until you are completely healed.

When I can I drive?

We recommend you do not drive for three to four weeks or if you are taking narcotic pain medications. Do not drive unless you are feeling comfortable enough to drive.

When can I start wearing a bra?

This will vary for each person. Typically, you are asked to not wear a bra until at least four to six weeks after surgery. When you do wear a bra, it should be soft cotton, have a front closure and have no underwire.

Note: ALL information is subject to modification by your surgeon.

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.

