



SHEINA MACADAM
MD FRCSC

General Operative Instructions for Second Stage Breast Reconstruction

Before your surgery...

Please read these instructions carefully

Please have NOTHING to eat or drink after midnight the night before your surgery. This includes water, candy, mints or gum.

Our office will call you after 3:00pm the day before surgery to let you know your arrival time.

It is recommended that all patients wear loose comfortable clothing on the day of surgery. Please do not wear makeup, contact lenses or jewelry.

Although we recommend that our patients quit smoking as soon as possible, please do not smoke within 2 weeks before and after surgery. Smoking may cause complications in the healing process.

Regular prescription medications can be taken as usual. If you need to take something the day of surgery, please dry swallow if possible.

ASA and Anti-Inflammatory Medications

The following medications should be stopped 10 days before AND after surgery. They may cause excessive bleeding and bruising before and after surgery:

- Tamoxifen
- Any non steroidal anti-inflammatory like Ibuprofen (Advil), Naproxen and others.
- ASA – (Aspirin)
- Any anti-coagulants or blood thinners, (Warfarin/Coumadin). Please discuss these with Dr. Macadam or the hospital's pre-operative nursing staff when they call you to inform you of your arrival time.
- Herbal medications – Check with your doctor.
- Vitamin E

Recreational Drugs or Alcohol should not be used 24 hours before and after surgery. These may interact with your anesthetic or post operative pain killers and cause serious complications.



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Please contact our office immediately if your health condition changes the week before surgery, (flu, severe cold, fever).

You will need to have a responsible adult accompany you to and from the hospital. This person will also need to stay with you 24 hours after surgery. If you do not have someone to pick you up or stay with you, we can make arrangements for you to hire a nursing escort. If you are traveling to Vancouver for your surgery, please make arrangements to stay within the lower mainland overnight after surgery.

After Surgery...

1. You will be given a prescription for Tylenol #3 or Emprecet and Antibiotics. Take as prescribed. You should refrain from driving while taking these medications.
2. You will have Steri Strips on all incisions as well as bandages. You may remove the bandages 2 days after surgery and shower. Leave the Steri Strips in place and they will gradually fall off on their own.
3. All of your stitches are dissolvable.
4. 2-3 days after surgery, you should begin wearing an underwire bra. This should be worn 24 hours a day for 3 months. It can be removed for bathing.
5. You will be unable to perform any heavy lifting or exercise for at least 4 weeks.
6. Call our office and make a follow-up appointment for 1 week after surgery.
7. After you are discharged from the hospital, there are a few things to watch during your healing process. If you see any of the following, Please call VGH at 604-875-4111 and ask to page the plastic surgeon on call:
 - o Leg Swelling
 - o Shortness of Breath
 - o Redness around your incisions
 - o Swelling of the breasts
 - o Increasing pain in your breasts
 - o Increasing pain around the incisions

If you have any questions during your post-operative course, feel free to contact our office or email Dr. Macadam at drsamacadam@gmail.com