

What to Expect

Preparing for Surgery

Your surgeon(s) may give instructions to take certain actions in preparation for your reconstruction surgery. Here are a few ways to prepare. Please keep in mind that everyone's experience is different and you should always consult your surgeon.

You should discuss the following with your surgeon:

- Any medication you may be taking, including over the counter remedies, vitamins or supplements.
- Your smoking habits.
- Any dietary concerns you might have or any restrictions on food and beverage your surgeon might recommend.

Ways your daily activities may change during your recovery:

- You will need someone to drive you home from the hospital. You may not be able to drive for a specified period of time.
- Following surgery, you may not be allowed to lift anything over 10 pounds.
- Cooking and cleaning a kitchen may be difficult so plan your meals in advance.
- Household chores may be difficult so plan to have someone help you if possible.
- Cleaning your clothes may be difficult so make sure to take care of laundry before your surgery.
- You should have loose fitting clothing to wear and be comfortable in, including shoes and slippers.
- Make sure you are comfortable lying in bed during the day and at night. You may need pillows to prop yourself up to read or watch TV.
- Make sure you are stocked with good books, DVDs, magazines, and puzzles, whatever keeps you entertained.
- Showering may be difficult and you may need help.

Important Information: Every patient is different and their reconstruction options and their results may vary. All depictions on the site are for illustration purposes only. Whether or not you have breast reconstruction is a decision you need to make in consultation with your physician. Only you and your physician can determine the best option for you. Please ask your doctor to explain the benefits and risk of various reconstruction options and whether they are right for you.

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