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Surgery Instructions

Smoking:

It's no secret that smoking is bad for you. It can hinder your recovery after any surgery. Nicotine can affect cardiovascular health in many ways. It increases blood pressure and constricts (shrinks) blood vessels. The nicotine in just one cigarette stimulates the smooth muscle fibers in the wall of the blood vessels to contract which shrinks the blood vessels and makes them narrower. Narrower blood vessels cannot carry as much blood to the tissues. Smoking cessation products (like Nicorette) also contain nicotine! Less blood flow means less oxygen, essential nutrients and growth factors are delivered to the tissues. This increases the risk of complications like poor wound healing, infection, blood clots, and even loss of some or all of the reconstruction.

The Night before surgery:

- Shower with an antiseptic soap or antibacterial soap of your choice. Hibiclens or Dial Liquid Gold Antibacterial soap are good options. Give special attention to the surgical area
- Do not use any powder or deodorant in the underarm area after bathing and avoid ALL lotions and perfumes.
- Make sure you know where you are going, and give yourself plenty of time to get to the hospital
- Make sure you have arranged for someone to drive you home.
- **Do not eat solid foods or drink any fluids after midnight prior to the day of surgery**
- If you have any questions call 303-832-3965

Day of Surgery

- It's normal to be nervous.
- You may be instructed to take certain medications with a sip of water on the day of surgery. Your primary care physician will let you know which medications you should take.
- Do not take new or non-prescribed medications that we are not aware of on the day of surgery.
- Wear comfortable, loose fitting clothes that don't need to be put on over your head. Wear loose fitting pants and shoes that slip on and do not wear pantyhose/leggings.
- Do not wear any contact lenses, jewelry, or fingernail polish
- Make sure hospital staff has the contact information for a family member or friend.
- If you have any questions, don't hesitate to call 303-832-3965

After surgery

- Get plenty of rest, do not over extend yourself.
- Eat a regular diet high in fiber and protein. Eat small, frequent meals and snack on fruit.
- Drink plenty of liquids
- Walk frequently. Walk for 5 minutes every time you get up and get a fresh beverage. Plan 15 minutes of walking at least 3 times a day. Do not go more than a couple hours without walking.
- Make sure you take home the incentive spirometer given to you in the hospital. Continue to use it while at home to exercise your lungs and decrease the risk of pneumonia.
- Pain medications cause constipation. Be sure to eat a regular diet. You can use a stool softener if needed
- Take medications as prescribed. If your medications make you drowsy, have someone else make sure you are taking them as scheduled.

Showering After Surgery

- Bathe according to physicians instructions. If it's ok for you to shower, do so daily but avoid submersion –no baths, swimming pools, hot tubs, lakes, or rivers until all incisions are healed and your surgeon or nurse has given you clearance.
- Do not use a loofah or washcloth on incision sites and no ointments, oils or lotions should be put on incisions until instructed by your surgeon or nurse.
- Keep drains attached to a long necklace or lanyard around your neck while showering, so as not to put tension on the sutures.
- Avoid direct water pressure on incisions/wounds. Instead allow the soapy water to gently run over to clean