



TAROLA PLASTIC SURGERY

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Second Stage Breast Reconstruction

- **Please follow general post-operative instructions**
- **It is very important to rest initially but you must walk right away and resume light activity in 3-5 days. Avoid strenuous activity and heavy lifting for 4-6 weeks. Nothing more than 10 lbs.**
- **You may remove the wrap the day following surgery. At that time, you will be able to shower. Pat tapes dry. Do not submerge incisions or tapes.**
- **Wear a sports or soft cup bra at all times for 4 weeks. You may remove this to shower daily.**
- **No underwire bra for 6 weeks.**
- **Do not use ice or heating pads on surgical sites.**
- **You will be given instructions at you first post-operative visit on implant massage.**