



PATIENT RECOVERY GUIDE

Breast Reconstruction Aftercare Instructions

Your personalised recovery guide following breast reconstruction with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Breast Reconstruction	_____	DD / MM / YYYY	DD / MM / YYYY

Your recovery after breast reconstruction is part of your healing, and I will support you through every step of it. Your recovery depends on the method we chose together — home the next day after an implant, or a few days in hospital after a flap so we can watch the new tissue settle. Rest, take your medications, protect the area, and be gentle and patient with yourself; this is a journey, and you are not walking it alone.

1 The First 48 Hours

- ◆ **Rest, head and chest supported.** Rest with your back and chest supported on pillows; avoid lying flat at first.
- ◆ **Medication & antibiotics.** Take pain relief and antibiotics exactly as prescribed to stay comfortable and prevent infection.
- ◆ **Wear your surgical bra / garment.** Wear the support bra or garment as fitted; it protects the reconstruction and limits swelling.
- ◆ **Watch the reconstruction.** After a flap, note the colour and warmth of the new tissue and report any change promptly.
- ◆ **Protect the donor site.** If you had a flap, care for the abdominal or back donor site as instructed, and avoid straining it.
- ◆ **No heavy lifting or reaching.** Avoid heavy lifting and reaching overhead while you heal, to protect the repair.

2 Recovery Timeline

- DAYS 1 – 5**
In hospital / early healing. Home the next day after an implant; a 3–5 day stay after a TRAM or latissimus dorsi flap so the team can monitor the new tissue.
- DAYS 7 – 10**
Settling at home. General downtime is about 7–10 days. Rest, take your medications, and ease back gently as you feel able.
- WEEKS 3 – 6**
Building strength. Gradually return to normal activity as advised; let any donor site and the reconstruction heal fully before exertion.
- LATER STEP**
Completing the result. Once everything has healed and settled, nipple and areola reconstruction can be done as the final step, when you are ready.

“Rebuilding your breast is part of healing, not just surgery. I chose the safest path for you, and I will be with you through the recovery — be gentle and patient with yourself, and reach out whenever you need me.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

◇ Wear your support bra or garment as directed.

◇ Support your back and chest with pillows when resting.

◇ Walk gently from the first days to support circulation.

◇ Attend every follow-up appointment.

PLEASE AVOID

◇ Heavy lifting or reaching overhead while healing.

◇ Strenuous exercise until cleared by Dr. Baycin.

◇ Smoking, which seriously impairs flap and wound healing.

◇ Pressure or sleeping on the reconstructed side early on.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Increasing redness, warmth, or spreading swelling.
- Discharge, bleeding, or opening of any incision.
- Severe or increasing pain not eased by medication.
- A flap that turns pale, dusky, cold, or unusually swollen.
- Calf pain, swelling, chest pain, or shortness of breath.

5 Discharge Checklist

☐ Support bra / garment fitted and spare provided.

☐ Pain relief and antibiotics collected.

☐ Wound, donor-site, and showering instructions understood.

☐ Follow-up appointment date confirmed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any concern during your recovery — especially a change in the reconstructed area — call this number at any time.

Website — www.nazmibaycin.com

Next appointment — DD / MM / YYYY · __ : __

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS