

Post-Operative Instructions for *Tissue Expanders*

After Surgery

- After surgery you will have a bra on and two drains.
 - Strip and record your drain outputs daily:
 - Label your drains 1, 2, 3, 4.
 - Record how much fluid comes out of each drain per days (Mon, Tues, Weds, etc).
 - Bring this information to your first postoperative visit.
 - Wear your bra all the time, except when showering.
 - You can shower 2 days after surgery. It is ok for soap and water to go on the incisions and drains.
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Activity

- Do not raise your arms above shoulder level.
 - Do not lift anything >5 pounds.
 - Be careful when getting in and out of bed/chair that you do not put a lot of pressure on your arms as it will pull on your reconstruction.
 - Walking is good and decreases the risk of blood clots.
 - Do not exercise or do anything that raises your blood pressure.
 - Exercise is not permitted for 6 weeks.
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Medications

- Take acetaminophen for pain, take the narcotic pain medication only for severe pain (you can also take a half pill). Ibuprofen is ok 3 days after surgery. Some patients do not need the narcotic.
 - You do not need any additional antibiotics.
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What To Expect While Healing

- Bruising is normal, if you have redness that is spreading, call your surgeon.
 - Some fluid on the dressing.
 - The breasts will achieve their shape over the next few months, wrinkles are normal in the beginning.
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Follow-Up

- You should see Dr. Clain within 10 days of surgery. If you do not have an appointment, please call his secretary.
- We will begin the tissue expansion process approximately 1 month after surgery.
- The permanent implants are placed approximately 3- 6 months after surgery.