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Office (479) 521-1500
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Breast Reconstruction with Tissue Expanders Post-Op

- **BLEEDING:** Small amounts of oozing and bleeding are common and expected. Feel free to change the gauze as needed at home. If the bleeding is more than a slow staining of the dressings, apply firm pressure for 20-30 minutes. Should heavy bleeding occur, apply firm pressure and call the office immediately at 479-521-1500.
- **HEMATOMAS:** Hematomas are the collection of blood and fluid under the skin. They are rare, but must be reported immediately. A hematoma is evidenced by significant swelling under the skin which may appear to be growing. If you see evidence of a hematoma, contact Dr. Taylor's office immediately; Dr. Taylor and his staff will meet you back at the clinic to assess and possibly drain the hematoma immediately.
- **BRUISING AND SWELLING:** Bruising and swelling are expected after surgery. Swelling may take up to one to three weeks to resolve. You may use ice packs as needed to help with swelling but **DO NOT** put it directly on your skin, for it may cause a burn affect since your skin is numb. If one breast becomes significantly more swollen and painful than the other breast, you should contact Dr. Taylor immediately! The office number is 521-1500. We have a nurse on call.
- **DRESSING:** When you awake from surgery, you will be wearing a binder. You should wear this until your next office visit. When you get home, you can replace it with a bra or a cami built in bra shirt. The incisions have steri-strips covering the sutures. Do not cut or trim the sutures or remove the steri-strips. The long tails of the sutures are needed to grasp when pulling sutures out and the steri-strips will remain for one month to help the incision heal evenly. Your stitches will be removed in 5-7 days.
- **ACTIVITY:** Do not lift anything over 5 pounds for 2-3 days. As you begin to resume normal activity, refrain from high impact or strenuous activities such as weight lifting, upper body workout, and jogging for 4 weeks. You may resume light walking as tolerated. You should discuss your exercise routine with Dr. Taylor at your postoperative visit.
- **INFECTION:** Although infection is unusual after this type of surgery, please take all prescribed antibiotics until full prescription is empty. Signs of infection include drainage with foul odor, yellow or green drainage from the incision, fever of 101 degrees (usually accompanied by chills), or redness and warmth around the incision. These are symptoms which need to be reported. **WARNING: Smokers have a greater risk of skin loss and wound healing complications. Do not smoke while your body is trying to heal from surgery.**

- PAIN: Mild to moderate discomfort is normal after surgery. Please follow instructions given to you with your pain medications.
- DRIVING: You may drive when driving does not cause pain. You must wait 24 hours after anesthesia and until you are no longer taking pain medications before you resume driving. This would be driving under the influence and you would endanger yourself and others.
- SHOWERING AND BATHING: You may shower 24 hours after surgery. You may use antibacterial soap on incision and surrounding skin. Strictly avoid tub baths, hot tubs, swimming pools, oceans, and lakes until the incision is completely healed and no longer forming scabs.
- DRAINS: See Jackson Pratt drain instructions.

If you have any questions, please contact our office at 479-521-1500. We have a nurse on call 24hrs a day. In case you cannot contact someone and you have an emergency, go straight to the hospital.

I understand and have received a copy of the post-op instructions

Signature: _____ Date: _____