

Home Care Instructions Breast Reconstruction with a Tissue Expander

Medications: Take as directed.

Diet: Eat and drink anything you want. Do not consume alcohol while taking pain medications.

Bathing: You can shower 48 hours after your surgery. Your suture line was covered with a skin glue called Dermabond so it is sealed from the water. Do not soak in a tub, showers only. It is ok to get the drains wet. Remove all bandages prior to showering and replace them afterward.

Pain Pump: The pain pump catheters come out at 72 hours after your surgery. I have enclosed separate instructions for its removal.

Dressing Changes: Keep clean gauze over your drain sites. Your stitch line was coated with a skin “super glue” in surgery. The skin is sealed so you do not have to keep a bandage over it. If you prefer to keep it covered, use clean gauze.

Bra: No bra until I ok it please.

Drains: Keep a record of how much each drain collects on a per 24 hour basis. Keep the totals for each drain separately. Measure the drain output in cc's.

Activity: Let your pain be your guide. In general there is very little that you can do to harm the expander. It is ok to move the arm and shoulder on the affected side. The exercises recommended by Reach to Recovery are allowed. Do not do any heavy lifting, pushing, or pulling.

Sleeping: Sleep on your back or side. Many women are most comfortable propped up on some pillows at first.

Driving: You can drive when you are no longer taking narcotic pain medication. If you drive while taking narcotics you can be arrested for DUI.

Follow-up: Call the office in the first day or two after you go home to schedule your follow-up appointment.

Questions: If you are unsure of something please call. The office number is 502-721-0330. The phone is answered 24 hours / 7 days.