

# BREAST RECONSTRUCTION REVISION WITH TISSUE EXPANDER REMOVAL AND IMPLANT PLACEMENT



## Post-Surgical Guide

### INCISIONS

- Your incisions are typically closed in multiple layers with absorbable sutures, although you may have a few sutures that need to be removed at a postop visit.
- The surface is typically sealed with a medical glue or glue tape.
- If fat grafting is done, wear your abdominal binder at all times until told otherwise by the office. Wearing a tank top or soft cotton t-shirt underneath your binder is typically more comfortable.
- Some bruising and swelling is normal, especially in areas of fat harvest and fat grafting.
- No compressive bra or other tight clothing to breasts.
- Some drainage from surgical incisions can be expected immediately after surgery. If this happens, place a gauze or a Kleenex over the incisions.
- ABSOLUTELY NO ICE or HEATING PADS to surgical sites.

### SHOWER

- Unless otherwise instructed by the office, it is ok to shower 48 hours after surgery.
- Use your hand or a very soft, clean washcloth to wash you incisions. Do not rub the area. Pat dry.
- No soaking in a bath or swimming until cleared by the office. This is typically 4 weeks after surgery.

### MEDICATIONS

- Unless instructed otherwise, take two Aleve in the morning and two in the evening after surgery.
- For additional pain control, take prescribed narcotic pain tablets every 4-6 hours as needed for moderate to severe pain. You may also take extra-strength Tylenol for mild pain, but be sure not to take the narcotic pain medicine also, since those contain Tylenol.
- Prevent constipation while taking narcotic pain medication by taking one dose of Miralax and two doses of Colace daily until you are having normal bowel movements.
- If prescribed, complete antibiotic course after surgery.

**Dr. Christine Fisher**

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After hours: (512) 323-5465

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### ACTIVITY

- No strenuous activity for 1 week after surgery.
- Take multiple walks per day starting the day of surgery.
- No side or stomach sleeping for 4 weeks.

### EMERGENCIES

- **\*\*After hours, call Medlink Paging Service at (512) 323-5465\*\***
- Call the office immediately for:
  - Temperature greater than 101 degrees
  - Significant increase in swelling or one breast more swollen than the other
  - Extreme pain not controlled by pain medication
  - Redness of the breast or pus/yellow/green drainage from incisions
  - Darkened or blackened skin (in excess of normal bruising)

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