

Post-Operative Care Instructions For Placement Of Tissue Expanders

1. There will be drains in place in each breast. The drains will be in place for up to 10 days after surgery. Your surgeon will decide when to begin expansion, following the removal of your drains.
2. You will experience pain for a day or two that can be controlled with medication. You should never attempt to drive when taking medications that cause drowsiness. Motion may be painful for a few days.
3. If the hospital provides you with a drain sheet, please discard and use the one we have given you in your surgery packet.
4. Please remember to bring your incentive spirometer (*breathing machine*) after being discharged from the hospital. Continue to use it at home until you are comfortably able to take a deep breath.
5. Swelling and skin discoloration will subside in the first 2-3 weeks after surgery. Return to normal activity will depend on how you heal and how you feel.
6. You can expect itching and perhaps some occasional sharp shooting pains over the sides of your breasts for 4-6 weeks.
7. You may not shower until your drains have been removed, sponge bath only.
8. NO SMOKING FOR 2 WEEKS BEFORE AND 6 WEEKS after surgery. Smoking reduces the blood supply to your skin and impairs your body's ability to heal.
9. No heavy exercise or heavy lifting for 4-6 weeks after surgery. We are pleased if you feel great after surgery and want to jump right back in the swing of things, but DON'T DO IT! Heavy lifting and exercise increase the pressure in your vessels and may cause you to bleed.
10. We highly recommended picking up a stool softener prior to your surgery. The pain medication can cause constipation which will then cause you to be uncomfortable. Take it twice daily while taking the pain medication. If the stool softener does not work and you will do not have a bowel movement you may need to get a laxative.

If you should need to reach Dr. Coberly after hours or during the weekend please call (813) 448-6550 choose extension #6 to reach the answering service.