

# Post Operative Care Instructions For Tissue Expander Removal and Placement of Permanent Implants

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1. You will be released to go home approximately 2-3 hours after surgery. You will need someone to drive you home from the Surgery Center.
2. You will have a bra placed in the operating room immediately following the procedure. Strips of tape and a small gauze dressing will cover your incision.
3. You may remove the outermost dressing (which will be a white gauze covered with a wide piece of paper tape) to shower on the day after surgery only if you **DO NOT** have drains in place. If you have drains **DO NOT** shower until the drains are removed. **DO NOT REMOVE THE STRIPS OF TAPE THAT ARE BENEATH THE GAUZE DRESSING.**
4. After surgery, pain that is easily controlled by medication will subside in a day or two. If you have pain, take the prescribed pain medicine with crackers or jello every 4-6 hours - only if you need it. You should never drive while taking medications that cause drowsiness.
5. A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to solid food as you feel up to it.
6. It is not unusual to hear a "swishing" sound from your newly augmented breasts. This is fluid around the implant that will be reabsorbed within a few days time.
7. You will be seen in the office approximately 5-7 days and approximately two weeks after surgery.
8. There will be swelling and bruising present for 3-4 weeks. It will disappear over time. You are to wear a snug fitting supportive bra day and night during this period. This will help to minimize the swelling and also add to your comfort.
9. It is normal to experience loss of sensitivity following the operation, but in most cases sensitivity returns to what you had before. You may also experience increased sensitivity post-operatively; this too should subside with time. **THIS CHANGE IN SENSITIVITY WILL TAKE SEVERAL WEEKS AND POSSIBLY MONTHS TO RETURN TO NORMAL.**
10. You may begin compression exercises as soon as the doctor instructs you to do so. You will be given instructions when the doctor feels it is safe for you to proceed.
11. To permit proper healing, you should avoid over activity and refrain from heavy lifting for one month from the time of surgery (not more than 10 pounds). The decision to return to work and normal activities depends on what sort of work/activities you do, how fast you heal, and how you feel.
12. All incisions and healing scars are extremely sensitive to the sun. Avoid direct sunlight or use sunscreen (SPF 15 or greater - zinc oxide is best) for at least one year.
13. If you have nausea, vomiting, or a rash that starts after taking medication, a fever (oral temp greater than 101) or pain not relieved by medication, call your doctor.
14. **DO NOT** take aspirin or aspirin products, Vitamin E, diet pills or herbal medications such as St. John's Wort for **14 days before or one month after** surgery. This includes Motrin, Advil, Alleve and Ibuprofen. Tylenol is OK. If you take aspirin as prescribed by another physician, please call our office to discuss exceptions.

*Please remember our staff is here to assist you with any concerns. You are urged to call our office if you have any questions.*

*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.*

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