



## **Post-Operative Instructions for Breast Reconstruction with Tissue Expanders**

### **Immediate Post-Operative Care**

#### **1. Pain Management:**

- a. You will experience mild to moderate discomfort; take prescribed pain medications as directed.
- b. Do not take your pain medication on an empty stomach as this may cause nausea and or vomiting

#### **2. Wound Care:**

- a. You may begin showering on post operative day 1. All of your dressings are waterproof.
- b. Avoid submerging your incisions in water (no baths or swimming) until cleared by your doctor.
- c. Do not use ice or heating pads as this may burn your skin due to altered sensation from surgery.
- d. It is critical to wear your support bra at all times – even while sleeping. You may remove to shower, but please replace promptly thereafter.

#### **3. Drain Care (If Applicable):**

- a. Track drain output every 12 hours and record in the log provided for you. Please bring this log to clinic.
- b. Report any excessive drainage, foul odor, or significant increase in fluid collection.

### **Activity Restrictions**

#### **1. Rest and Movement:**

- a. Avoid heavy lifting (anything over 5-10 lbs) for at least 4-6 weeks.
- b. Light walking is encouraged to promote circulation and reduce the risk of blood clots.
- c. Do not sleep on your chest for a minimum of 4 weeks. You may sleep on your sides or back only.
- d. Avoid raising your arms above shoulder level until cleared by your surgeon.

#### **2. Driving:**

- a. Do not drive while taking prescription pain medications.



- b. Ensure you have full range of motion and can operate a vehicle safely before resuming driving.

### 3. Exercise:

- a. Avoid strenuous activities, including high-impact exercises, for at least 6 weeks.
- b. Follow up with your surgeon before resuming your regular workout routine.

## Signs of Complications

Contact your surgeon immediately if you experience:

- **Signs of infection:** Increased redness, warmth, swelling, or pus at the incision site.
- **Excessive pain:** Pain that is not controlled with prescribed medication.
- **Fever:** A temperature above 101 or above.
- **Fluid buildup:** Significant swelling or tightness in the breast area.
- **Implant issues:** Sudden changes in breast shape, severe asymmetry, or visible implant shifting.

## Scar Care & Healing

- Once incisions are healed, silicone scar tape/gel is recommended for scar healing
- Avoid direct sun exposure to scars for at least 6 months to prevent darkening.

## Follow-Up Appointments

- The office will schedule your post operative appointments. You will be seen 1 week post-op
- Notify your surgeon of any concerns between visits.

## Long-Term Care

- Continue to monitor your breasts for any changes in shape, texture, or sensation.
- Home meds will be discussed with you at discharge. Please ask if you have any questions
- Do not hesitate to call the office if you have any questions or concerns



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