

TISSUE EXPANDER OR DIRECT-TO-IMPLANT BREAST RECONSTRUCTION



Post-Surgical Guide

INCISIONS

- Your incisions are closed in multiple layers with absorbable sutures and the surface may also be sealed with a medical glue or glue tape.
- You may also have a Prevena Wound VAC dressing over your incisions. This helps to take the tension off of the surgical site. There is nothing that needs to be done with the Prevena. It will be removed at your 1-week follow-up appointment. See below for instructions regarding alarming.
- You may be placed in a surgical bra after surgery, but it is not typically necessary to wear a bra after surgery. If you choose to wear a bra, ensure that it is soft, loose and with no underwire.
- **ABSOLUTELY NO ICE or HEATING PADS** to surgical sites.

DRAINS

- See Drain Care Instruction Guide for information regarding drain care and output measurement.
- Your drains will likely stay in place for at least 2 weeks after surgery. They then will be removed only when drainage is less than 20ml per 24 hours.

SHOWER

- While drains are in place, sponge bathe with mild soap like Dove - **DO NOT SHOWER**. Drain site dressings should remain in place and dry. If drain site dressing becomes loose, apply antibiotic ointment and bandaid, changing twice a day and call the office during regular business hours.
- 48 hours after drains are removed, you may shower daily with mild soap like Dove. Use your hand or a clean, soft washcloth. 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 or once all scabbing is gone.

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ACTIVITY

- Limit the use of your arms for the first 2 weeks after surgery. Try to keep them by your sides at all times with no reaching.
- Relax, rest, and do light self-care activities within the home only for the first week.
- Avoid prolonged sitting and take multiple walks per day after you go home.
- No lifting greater than 5 lbs for the first 2 weeks, and 10 lbs. for next 4 weeks.
- No pressure on breasts or laying on side while sleeping for 4 weeks.

MEDICATIONS

- See detailed medication information sheet.
- 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.
- You will likely be prescribed antibiotics to begin after surgery. Begin taking these the evening after surgery and continue for 48 hours after drains are removed.

EMERGENCIES

- 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)
- ****After hours, call Medlink Paging Service at (512) 323-5465****
- If your wound VAC starts alarming, please call KCI at 1-800-275-4524. They will be able to troubleshoot with you. If they are unable to stop the alarming, you can turn the device off by holding down the large button on the front of the battery pack. If you do turn it off, please call our office during normal business hours. It is not necessary to call the after hours number for VAC issues.