

TISSUE EXPANDER OR DIRECT-TO-IMPLANT BREAST RECONSTRUCTION

Post-Surgical Guide



INCISIONS

- Your incisions are closed in multiple layers with absorbable sutures. The surface is also sometimes sealed with a medical glue.
- 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.
- You may be placed in a surgical bra during your hospital stay, 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

- Use proper hand hygiene such as a gel sanitizer on hands before caring for drain.
- Twice a day, have your caregiver strip the drain tubing (gently milk the tubing towards the bulb) and record the output using clear measuring cups. Be sure to record each drain separately and bring drain log to your follow up appointments. Discard drainage in the toilet.
- Call the office for an increase in bright bloody drainage, cloudy drainage, increase in pain, loss of suction (bulb won't stay compressed), leaking around drain exit site, or a clogged bulb.
- If there is an accidental dislodgement of drain, apply a dressing with gauze and call the office.
- Secure drains with safety pins or the velcro belt provided by hospital.
- 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.
- 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.

Dr. Christine Fisher

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After hours: (512) 323-5465

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ACTIVITY

- Relax, rest, and do light activity within the home only for the first week.
- Avoid prolonged sitting and take multiple walks per day after you go home.
- 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.
- No twisting or lifting greater than 5-10 lbs for 4-6 weeks.
- No pressure on breasts or laying on side while sleeping for 4 weeks.

MEDICATIONS

- Take two Aleve in the morning and two in the evening starting the day 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, as they contain Tylenol.
- Prevent constipation while on narcotics 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 your discharge from the hospital and continue for 48 hours after drains are removed.

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)
- 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 after hours or over a weekend/holiday for VAC issues.

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