

RICHMOND PLASTIC SURGEONS

DARRIN M. HUBERT, M.D., F.A.C.S.

TISSUE EXPANDER BREAST RECONSTRUCTION POST-OPERATIVE INSTRUCTIONS

SURGICAL BRA: You will be in a surgical bra following the procedure. This bra, or another soft, front-fastening sports bra (with no underwire) should be worn at all times except when showering for the first two weeks. If the surgical bra is irritating to your skin, you may place gauze pads between your skin and the bra for added comfort. You may wash the surgical bra if it gets soiled, but allow it to air-dry, do not place it in the dryer.

SURGICAL DRAINS: Please refer to the "JP Drain Instructions" sheet for details.

ACTIVITY: Take it easy for the first several days. No cleaning, housework, or strenuous activity. Do not lift anything over 10 pounds, including children, and do not lift your hands over your head. You may resume non-vigorous activities at two weeks, then gently increase your activity as tolerated. No running, weight lifting, cross fit, or other strenuous activities until four weeks.

BATHING: You may shower one day after surgery. No tub baths, hot tubs, or swimming for one week after removal of all JP drains. Remove any gauze or other bandages before showering. Your incisions will usually be covered with skin glue. This can get wet in the shower. Simply pat everything dry after the shower. Skin glue will usually fall off on its own, but you may scrub it in the shower or peel it off starting one week after your surgery.

MEDICATION: You will receive prescriptions for an antibiotic, a narcotic pain medication (usually dilaudid, generic name is hydromorphone), and a non-narcotic pain medication (gabapentin). Take the antibiotic until it is finished. Take the narcotic pain medication as needed according to the directions. And take the gabapentin as needed until it is gone. If you are otherwise not taking any narcotic pain medications, you may stop taking the gabapentin if you wish. Do not drive while taking narcotic pain medication. Avoid aspirin for two weeks after surgery. You may take ibuprofen (e.g. Advil) and/or acetaminophen (Tylenol) according to the package instructions in addition to, or instead of, the prescription pain medicine.

PHARMACY: Your prescriptions were sent electronically to the following pharmacy: _____

EXPANSION: The tissue expander will typically have some saline fluid placed in it at the time of surgery. The expansion process, to stretch the skin and create the new breast, is performed by filling the tissue expander during office visits. This usually begins approximately three weeks after your surgery.

THINGS TO WATCH FOR: If you experience excessive or sudden swelling, spreading or increasing redness, increasing pain, foul-smelling drainage, separation of any incisions, fever, shaking chills, or any other concerns, please call the office immediately (804-285-4115).

FOLLOW-UP APPOINTMENT:

() Your appointment is scheduled for _____.

West Creek Office of Richmond Plastic Surgeons
1630 Wilkes Ridge Parkway, Suite 201
Richmond, Virginia 23233

Midlothian Office of Richmond Plastic Surgeons
14401 Sommerville Court
Midlothian, Virginia 23113

() Please call **804-285-4115** to schedule an appointment for _____.