

Instructions for Breast Reconstruction with Expander

PRE-OPERATIVE INSTRUCTIONS

Aspirin - Do not take Aspirin or Aspirin containing compounds for two weeks before and after surgery. Aspirin may cause increased bleeding and bruising. You may take Tylenol.

Smoking - No smoking for three months before and after surgery. Smoking will result in poor wound healing and can result in exposure of the implant, infection and additional surgery.

Medications - Notify us if you routinely take any medication. If you are taking medications for any condition (i.e. heart, blood pressure, diabetes, seizures, etc...) please take as usual.

Illness - If you develop any symptoms of a cold, cough, or infection call our office for advice.

Fasting - Do not eat or drink anything after midnight the day before surgery.

DAY OF SURGERY

1. Shower and shampoo the morning of surgery and report to the hospital or the surgery center at the designated time.
2. Do not bring jewelry or valuables with you.
3. Wear loose comfortable clothing. Preferably something that opens in the front (either buttons or zips).
4. Someone must drive you home from the hospital or surgery center. Also, a responsible person should stay with you the first night home.

POST OPERATIVE INSTRUCTIONS

1. Rest at home for the first 24 hours after discharge. Sleep on your back with your head on two pillows.
2. You may experience discomfort for the first day or two. A prescription for pain medication will be provided. Do not take medication on an empty stomach as it may cause nausea.
3. Showering and shampooing is allowed as soon as you are home. After the dressings are removed in the office, wash suture lines daily with soap and water. You may have drainage tubes which will be removed when the drainage decreases.
4. Do not apply lotion or Vitamin E to the suture lines. Keep paper tapes in place over suture lines. These will fall off on their own or be removed in the office after 2-3 weeks.
5. Your sutures will dissolve on their own. Scar care instructions will be given.
6. Avoid strenuous exercise such as jogging, running, or aerobics for 3-4 weeks after surgery. Walking is good exercise. You may drive within several days when you feel comfortable and in control of the vehicle. You may resume sexual activity when you feel it is appropriate.
7. You may experience some bloody drainage from your incisions. Use gauze pads, sanitary pads, or nursing pads as necessary to avoid soiling your clothing. Sterile dressings are not necessary.

8. Despite the greatest care, any wound can become infected. If your breast becomes more swollen, red, starts to drain profusely or becomes increasingly more painful, contact our office for advice.
9. Your breast tissue expanders will begin to be filled approximately 1-3 weeks after surgery. We will see you on a weekly or every-other-week basis for filling of the expanders.
10. You may experience some tightness of the breast skin during this process. Call the office if you are significantly uncomfortable.
11. The expansion process may take two months or longer. Once your expanders are filled to the size you like Dr. Stratis will discuss with you the next procedure.

THINGS TO REPORT TO THE OFFICE

1. Severe pain unrelieved by medication.
2. Temperature of 101 degrees or more.
3. More swelling and/or pain on one side or the other.
4. Nausea or vomiting.
5. Increased redness of chest skin.

Should any of these conditions exist, or should you have concerns about your surgery, you can reach the office at 717-728-1700 or Dr. Stratis on his cell number 717-574-2116.