**INSTRUCTIONS FOR PATIENTS AFTER**

**TISSUE EXPANDER RECONSTRUCTION**

## WOUND CARE

* Expect to have some swelling, bruising and pain after the surgery.
* Your sutures are underneath the skin and will dissolve automatically. They do not need to be removed.
* Wearing a bra is optional after surgery. They are for support and comfort.
* Avoid taking showers after surgery until your drains are removed. They can usually be removed 1 week after surgery.
* The white tapes over your incisions (Steristrips) will fall off by themselves. If they have not done so by the end of the 4th week after your surgery, then peel them off gently in the shower.
* The process of tissue expansion is usually started 2 weeks after your surgery in the out-patient clinic.

**MEDICATIONS**

* Take your pain medications every 4-6 hours when needed.
* Take the prescribed antibiotics after the surgery until the drains are removed.

**ACTIVITY**

* Avoid straining, doing any heavy work or lifting any heavy objects (max of 5 lbs) for 4 weeks.
* Avoid pushing, pulling or forceful squeezing with your arms.

**CALL MY OFFICE**

* Call my office to make an appointment in 2 weeks.
* If you have an urgent problem before the appointment, go to the Emergency Room.
* If the problem is less urgent, please call my office and my nurse will contact me; for example:
	+ your medications are not controlling the pain
	+ you are concerned about the way your incisions are healing
	+ you have an allergic reaction to the tape.