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POST-OPERATIVE INSTRUCTIONS FOR BREAST RECONSTRUCTION WITH TISSUE EXPANDERS

1. Take it easy the first day you get home from the hospital. You may get up to use the bathroom as needed. Wiggle your toes and feet to prevent blood clots in your legs.
2. Continue taking antibiotics as prescribed.
3. Take any pain medication as directed. Remember not to take medication that may increase bleeding or bruising.
4. Begin eating light meals and progress to a regular diet as tolerated.
5. Keep the incision sites clean and dry.
6. You should expect some slight oozing from the incision sites- this is normal. Please call the office if you develop any of the following symptoms: *redness, swelling, severe pain, cloudy drainage, shortness of breath, or dizziness*.
7. Do not lift your arms over your head.
8. No pressure to breasts.
9. No baths or hot tubs for at least one week.
10. For the first two weeks after surgery you need to avoid any activity that will raise your blood pressure or pulse and avoid lifting heavy objects (anything heavier than a gallon of milk or 5 pounds).