

# POST-OPERATIVE INSTRUCTIONS FOR PATIENTS

## BREAST RECONSTRUCTION WITH EXCHANGE OF TISSUE EXPANDER(S) FOR IMPLANT(S)

### AFTER YOUR SURGERY, THERE ARE SEVERAL THINGS YOU SHOULD KNOW TO TAKE PROPER CARE OF YOUR WOUNDS AND HEAL AS SOON AS POSSIBLE:

- If a drain is placed, drain output at least twice per day and bring output record to the clinic. See attached sheet to document outputs.
- Keep surgical bra dry and clean and on continuously for three days. After three days, temporarily remove your surgical bra and shower up to ten minutes a day (no soaking under water). Except for showers during the first 2-3 weeks, please keep the bra on at all times and lightly stuffed with new gauze.
- Do not apply ointments/lotions to Dermabond™ or Steri-strips™
- Do not apply heating pad or ice to mastectomy skin.
- If you do not have dietary restrictions, a recommended diet for the first 2 weeks would be high protein (80-120 grams per day) and lower carbohydrate, sugar diet. Drink at least eight, 8-ounce glasses of water daily.
- No heavy lifting (more than 10 lbs) for six weeks. Avoid large arm movements, repetitive movements, or above-shoulder work. No vigorous/strenuous activity. No driving.
- During the first week, keep your head elevated at least 20 degrees (2 to 3 pillows).
- Follow up with Dr. Ferguson's outpatient clinic in \_\_\_\_\_ days.  
*Please call for an appointment, 801.507.1650.*

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## CALL ANYTIME

YOU CAN REACH OUR OFFICE  
ANY TIME (including after hours)  
**801.507.1650.**

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**Call us immediately if you think  
you have an infection or if you  
notice any of the following:**

- *Increasing redness or hot to the touch*
- *Increasing pain*
- *Increasing swelling*
- *Fever greater than 101°F*
- *Vomiting more than two times*

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**Notify your local emergency  
department or dial 911 if you  
experience:**

- *Chest pain*
- *Shortness of breath*
- *Vision changes*
- *Loss of consciousness*
- *Other emergencies*