

POST-OPERATIVE INSTRUCTIONS FOR PATIENTS

BREAST RECONSTRUCTION WITH PLACEMENT OF TISSUE EXPANDER(S)

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

- 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.

**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*

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

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