

**DR. WENIGER'S BREAST RECONSTRUCTION WITH TISSUE EXPANDER PLACEMENT POSTOPERATIVE
INSTRUCTIONS**

During the first week following surgery, the major problems to watch for are Hematoma (a collection of blood under the skin), Seroma (a collection of serous fluid) and infection:

Any significant increase in the size of one breast, severe bruising, or increased pain not controlled by medication may be signs and symptoms of a hematoma. Fever over 101 degrees F, swelling, severe redness, chills, shakes, fatigue, nausea or vomiting may be signs of infection. These should be reported to our office immediately.

NOTE: There will be some expected bruising, pain, swelling, and oozing of blood onto the bra/dressings the first 48 hours. You will need to follow the protocol for emptying your drains.

DO:

- Keep an **ACCURATE** drain record and bring it with you to the office at each of your post op visits. Strip your drains and record amounts every 8 hours and record totals daily for **EACH** drain separately.
- You may sponge bathe **ONLY** while drains are in.
- Be sure you are taking antibiotics as prescribed while drains are present.
- Report any signs of infection as noted above.
- Clean the outside of your drain (where the drain meets the skin) with Hydrogen Peroxide 3 times daily.
- If steri-strips (white tape) are over incisions, leave these in place.
- If you do not have steri-strips (white tape) on your incisions, keep the incisions moist with Aquaphor 4-5 times daily. Do not let the incisions become dry.
- Use Tylenol/ extra strength when pain tablets run out or are too strong.
- Sleep on back and use 2-3 pillows to keep head and chest elevated until instructed to do otherwise.
- Eat as tolerated. Start with something light, then advance diet slowly. After a full diet is tolerated, try eating more protein such as eggs, cheese, and meats which are necessary in the healing process.

DO NOT:

- Shower, take tub baths, swim, sit in a hot tub, or submerge until drains are removed and instructed to do so by Dr. Weniger.
- Under any circumstance introduce any liquid into your drains.
- Let your antibiotics run out while drains are in. Call the office for a refill if necessary.
- Drive until instructed so by Dr. Weniger. (not while taking narcotics or if very sore)
- Participate in any exercise, sports, strenuous activity, or sexual intercourse until instructed by Dr. Weniger.

Participate in activities which cause discomfort, including reaching, stretching, heavy lifting, bouncing, or vigorous arm activity (eg. Vacuuming, washing hair, etc.) **TAKE IT EASY!**

Your follow-up appointment is _____

Instructions understood: _____

For any problems or questions that you may have regarding your post-surgery recuperation, please call us 843-757-0123