

Important information after Tissue Expander Placement:

- You will be provided with a prescription for pain medication, and a muscle relaxant upon discharge from the hospital. If you need refills on medications, please provide us with at least 3 days' notice.
- You will be provided with a prescription for an antibiotic upon discharge from the hospital. Please complete the antibiotic as prescribed. Your antibiotics may be extended at your first postoperative visit.
- **Please call the clinic if** you develop any significant redness, swelling, fever, chills, drainage or if you cannot tolerate your antibiotics. (321) 841-7090

Will I have drains in place?

Yes, you will have JP drains. There will be a least one drain for each breast surgical site. You will need to empty the drain and record the drainage at least twice daily. We typically remove the drains after you have less than 20 ml of drainage daily for 3 days, in a row.

When does the expansion process begin and how long does it take?

- Your first expansion occurs in surgery when the expander is placed. Your 2nd expansion may be at the first postoperative visit. This will be determined by your pain level and your skin condition.
- The length of the entire expansion process is usually 1-2 months. This depends on the frequency of the expansions and the amount of normal saline you can tolerate at each expansion. It is also dependent upon your desired breast size. If you must undergo chemotherapy or radiation after expander placement, your expansion process will be placed on hold.
- After your final expansion, there is a waiting period of at least 3 months to allow for appropriate stretching of your tissue.
- After each expansion, a dressing will be applied and needs to be left in place for 24 hours. We ask that you do not shower until it is time to remove the dressing.
- For most women, the prescribed muscle relaxant helps decrease discomfort following expansion.

How long is recovery?

Typically, it will be 4-6 weeks before you will be able to resume most normal activities. You will be sore for 3-4 weeks and may experience discomfort after expansions.

When can I exercise?

- For the 1st 2 weeks, no lifting, pushing or pulling over 5 pounds.
- For the 2nd 2 weeks, no lifting, pushing, or pulling over 10 pounds
- For the 3rd 2 weeks, no lifting, pushing or pulling over 20 pounds.
- No strenuous exercise until after 6 weeks and your incisions are completely healed. No swimming, yoga, Pilates or high impact exercise for 8 weeks.

When can I shower?

Typically patients are allowed to shower after their first postoperative visit. If you have drains in place you **may** be asked to continue not to shower until they have been removed.

When I can I drive?

We recommend you do not drive for 1-2 weeks or if you are taking narcotic pain medications. Do not drive unless you are feeling comfortable enough to drive.

When can I start wearing a bra?

This will vary for each person. Typically you are asked to not wear a bra until at least 8 weeks after surgery. When you do wear a bra it should be soft cotton, have a front closure and no underwire.

Note: ALL information is subject to modification by your surgeon