

TISSUE EXPANDER EXCHANGE FOR PERMANENT IMPLANTS POST-OP CARE

- Make sure you have post-operative appointment scheduled one week after surgery.
- You may resume all medications as per your medical doctor
- Take your antibiotics or pain medications as prescribed. Having some soreness or pain is normal after surgery. If something makes you sick please call the office.
- You may remove the surgical bra and any gauze the day after surgery.
- You may shower 2 days after surgery, stand with your back to the shower spray and aloe the are to get soapy and wet. Gently pat dry.
- The steri-strips are the thin bandages covering your incisions. They protect your incisions and will remain stuck on for a few weeks. Let them fall off on their own.
- You may wear whatever bra you want to wear as long as there is no underwire (after 4 weeks underwire bras are ok)
- You must wear the breast strap 24/7. It should be comfortable and not cause any redness nor blisters. They are machine washable, just do not place in dryer.
- Sleep on your back for the first week, sleeping elevated in a recliner or with 3-4 pillows is advised.
- For the first week, walking is encouraged. Avoid heavy lifting over 10 lbs.
- Avoid ant strenuous exercise for the first month (including jogging) for the first month.
- We will review further care with you at your post-operative appointment.
- If you notice and new redness, unusual swelling/discharge, or fever please call the office immediately.