

DISCHARGE INSTRUCTIONS FOLLOWING BREAST RECONSTRUCTION WITH EXPANDER (1st STAGE) or IMPLANT (2nd STAGE)

1. Activity

- ❖ Walking is highly encouraged. If you feel weak, please have someone with you at all times while moving about, for assistance.
- ❖ Use your Incentive Spirometer 10X every half hour without fail.
- ❖ **NO HEAVY** lifting (10lbs. or more) for 3-4 weeks.
- ❖ For approximately 1 week, do not use your arm on the reconstructed side in strenuous activity such as vacuuming, driving a car, pushing yourself up in bed, and pushing yourself up from a sitting position.
- ❖ Good nutrition is important for wound healing.
- ❖ You may shower after 48 hours. Pat breast/nipple/incision area dry. **DO NOT WIPE or RUB.**
- ❖ After you leave the hospital, you may begin range of motion exercises.

2. Medication

- ❖ Antibiotics, nausea medication and pain medication will be prescribed, please take as directed.

3. Wound Care

- ❖ You may have drains placed at the time of surgery. Your drain may be removed on the day following your surgery or it may need to remain in place longer. Dr. Gerzenshtein will make that determination, and let you know immediately after surgery. If the drain remains, you will be instructed on drain care. When the drain is removed, you may have some drainage from the drain site for 24 hours after the drains are removed. This is normal. Apply 4X4 gauze over the drain site openings to catch any drainage.
- ❖ Dressings will be reapplied after the drains are removed. **BRING AN OLD BRA TO THIS APPOINTMENT, to use as a throw-away; it will get stained.**

- ❖ Dr. Gerzenshtein may use dissolvable or permanent sutures. If permanent sutures are used they will be removed at 2 different office visits. Nipple/Areola sutures will be removed 7 days after surgery. Sutures under the breasts will be removed in 14 days.
- ❖ Wear an old bra for 2 weeks. You may then purchase, and wear a new bra.
- ❖ Swelling, bruising, tenderness, redness and some drainage are normal. **EXCESSIVE** amounts of drainage and redness are not normal, and should be reported to Dr. Gerzenshtein.

4. **Call Your Dr. Gerzenshtein If You Have**

- ❖ Pus-like or foul smelling drainage.
- ❖ Temperature greater than 100 degrees.
- ❖ Excessive bleeding or drainage
- ❖ Increased pain that is not tolerable

5. **Phone Numbers**

If you have questions about your surgery, please do not hesitate to call.

- ❖ Mercy Regional Plastic Surgery Center: (608) 756-6300 or 1-800-236-6868
- ❖ Nurse Health Line: (608) 756-6100 or 1-888-39MERCY
- ❖ Mercy Hospital Emergency Department: (608) 756-6611

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