Paul A. Lambert, M.D.

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(540) 722-2280

**EXPANDER BREAST RECONSTRUCTION**

**POST-OP INSTRUCTIONS:**

You will have some swelling and bruising post-operatively. The amount is different with every individual and usually resolves within four to six weeks. You may also experience numbness of the breast skin, which may take a few months to resolve. Therefore, NO WARM, HOT, OR COLD COMPRESSES should be used directly on the surgical area until you receive further instructions from Dr. Lambert.

**ACTIVTIY:**

* Rest at home for 24 hours. No heavy lifting (greater than 10 lbs.) or no strenuous exercise (aerobics, stretching, vacuuming, laundry, etc.) for four weeks. Walking as tolerated is permitted and encouraged.
* Do no sleep or lie on your breasts for two to four weeks.
* You may drive in four to five days, provided you are not taking any prescribed pain medication.
* Avoid smoking and being around anyone who is smoking for two months.
* Bathing: you may shower 48 hours after surgery and gently cleanse the operative area with soap and water. If you have Steri-Strips on, they may get wet, just pat them dry and leave them on.
* Sexual activity may be resumed when YOU feel comfortable.
* You may return to work within four to seven days, depending on your recovery and the type of work you do. This will be discussed with you and your physician at your post-op visits.
* Avoid direct sun exposure for a minimum of one year. Use a sunscreen with a SPF of at least #15, and wear light colored clothing (black or dark colored clothing over the area should be avoided when exposed to the sun). Tanning beds should be avoided.

**DIET:**

* Begin with sips of liquids and gradually progress to a regular diet, unless otherwise instructed.

**DRESSING:**

* You will have bulky dressings and your bra applied immediately after surgery. Do not disturb the dressings.
* Remove the dressings 48 hours (2 days) after surgery. If you have Steri-Strips over the incisions, leave them on until you come in for follow-up, or until they fall off themselves.
* Continue to wear the bra for four to five weeks, 24 hours a day, removing it only to shower. DO NOT WEAR UNDERWIRE BRAS.

**MEDICATIONS**

* Do not take medicine on an empty stomach, it may cause nausea.
* Take Tylenol or Extra-Strength Tylenol for pain. Do not take aspirin or any medication containing aspirin, unless specified by your doctor.

It is not uncommon to feel melancholy (emotional) after cosmetic surgery. Such emotions are usually related to the immediate discomfort, anxiety over the appearance of swelling and bruising, and limitation of activity and socializing. These feelings will disappear as your appearance improves and you return to your usual daily activities.

Notify our office immediately if you develop: FEVER GREATER THAN 100 DEGREES, SEVERE PAIN NOT RELIEVED WITH PAIN MEDICATION AND REST, INCREASED SWELLING OR BLEEDING ESPECIALLY IN ONE BREAST AND NOT THE OTHER, NAUSEA OR VOMITING. Call our office at (540) 722-2280 if you should have any problems.

I acknowledge that I have read and understand the instructions stated above.

Patient Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_