



Breast Reconstruction – Tissue Expander Postop

You have just undergone a delicate operation. As you recover, you'll need to keep a few things in mind:

- You can begin driving once you meet the following criteria:
 1. You no longer need narcotic pain medicine. It's okay to be taking motrin or tylenol, but you should not be taking vicodin or percocet or lortab (or other narcotics) while driving.
 2. You feel comfortable enough to react appropriately in traffic.
- You may shower two days after your surgery. Use soap and water to wash over the tapes on your incisions. If they come loose, it's okay.
- You may use gauze or surgical pads under your bra to catch any drainage from your wounds. You don't have to keep any padding under the bra unless you so desire.
- You may return to work whenever you feel comfortable. This usually takes 1-2 weeks after the surgery, depending upon the type of work you do. We will write any letter/excuses that you need, just let us know.

You may use Tylenol if you wish. However vicodin, percocet, and other pain medications contain Tylenol. Thus, do not take these medications and Tylenol together as you may be taking too much Tylenol. Too much Tylenol can cause liver damage and other problems. If you are unsure about a particular medication, please call.

Please call the office if you have any problem or question that concerns you. If you need immediate attention, or for some reason you are unable to contact me, go to the emergency room nearest your home or at the hospital where you had surgery.

Some reasons to call:

Fever greater than 101.5 F taken with a thermometer

Pain not relieved by medication

Severe pain

Redness, warmth, drainage or odor from the operative site

Bleeding (small amounts of oozing may be expected)

Persistent nausea and vomiting

If you have ANY questions or concerns regarding your condition or surgery

Follow-up:

You should already have your first follow up appointment made for about one week after your surgery date.