

Pre Op and Post Op Instructions: Removal of tissue expanders and placement of permanent implant(s)

Pre Op Instructions-

- ³⁵/₁₇ Complete all pre-op testing, if needed. CBC within 30 days of surgery and EKG within 6 months.
- ³⁵/₁₇ Fill you prescriptions prior to surgery. The antibiotic can be started the day prior to surgery. Pain medication will be used for after surgery.
- ³⁵/₁₇ Avoid aspirin and products contain aspirin for 2 wks prior to surgery. Tylenol may be substituted.
- ³⁵/₁₇ No alcohol 24 hrs prior to surgery.
- ³⁵/₁₇ No smoking.
- ³⁵/₁₇ You should purchase a front closure sports bra and bring it to the hospital.
- ³⁵/₁₇ If you care for family or pets, make arrangements to have assistance for the first 7-10 days.
- ³⁵/₁₇ You may want to begin eating yogurt with active cultures daily prior to surgery. Antibiotics can be tough on your digestive system.
- ³⁵/₁₇ Wear loose, comfortable clothing that opens in the front is recommended for after surgery.
- ³⁵/₁₇ No food or liquid after midnight the night before surgery.
- ³⁵/₁₇ Make arrangements for transportation to the office after surgery. Follow up is 1 wk after surgery.
- ³⁵/₁₇ The night before surgery, wash with soap. Do not apply deodorant, creams, powder, or make up the day of your surgery.
- ³⁵/₁₇ Remove nail polish. For acrylic nails, remove acrylic on right index finger.

Post Op Instructions-

- ³⁵/₁₇ You will only be able to lift 8 lbs (weight of a gallon of milk) after surgery. You should refrain from lifting beyond for at least one month.
- ³⁵/₁₇ Do not remove steri-strips. If they begin to lift from the skin and curl, you may gently trim loose tape edges.
- ³⁵/₁₇ You can shower after 24 hrs. Remove dressing (not steri-strips) prior to showering and replace with clean gauze or kotex pads. Make sure steri-strips are dry.
- ³⁵/₁₇ Drink plenty of liquids.
- ³⁵/₁₇ Wear your bra 24/7. Unfasten bra to check for unusual swelling or bruising daily.
- ³⁵/₁₇ Avoid alcohol while taking pain medication.
- ³⁵/₁₇ No smoking, as it delays wound healing.
- ³⁵/₁₇ No swimming or hot tub use. No tanning.
- ³⁵/₁₇ ** If you had chemotherapy for treatment of breast cancer, wound healing may be slower.