

**Paragould Plastic Surgery**

**1000 West Kingshighway**

**Suite 7**

**Paragould, AR 72450**

**(870)239-8427**

## **Exchange of Tissue Expander for Permanent Implant**

### **Post-Operative Instructions**

#### **Instructions**

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not smoke. Smoking delays wound healing and greatly increases your risk of complications.

#### **Activities**

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking narcotic pain medication and have full range of motion with your arms.
- No strenuous activity for 4 weeks. Increase activity slowly as tolerated. (If it hurts don't do it.)

- You may return to work in about 10-14 days (if not too strenuous).

### **Incision Care**

- You may shower 48 hours after surgery. Please remove all dressings before showering. No baths, hot tubs or swimming until cleared by your surgeon.
- Keep incisions clean and dry. Do not apply any ointments or creams to incisions unless directed by your surgeon.
- You may pad the incision with gauze for comfort. It may be necessary to change gauze more than one time per day if you are having drainage.
- It is the responsibility of the patient to purchase dressing supplies (4x4 gauze, 4 inch roll gauze and tape if needed). Dressing supplies will not be provided by hospital or doctors office.

### **What to Expect**

- You will go home from hospital the same day as surgery.
- Maximum discomfort will occur the first few days after surgery.
- You may experience temporary soreness, bruising, swelling and tightness in the breasts as well as discomfort in the incision area.
- You may have random, shooting pains or burning sensation for a few weeks.
- It is normal to have a small amount of blood tinged drainage.
- You may feel tired for a few days after surgery.

### **Appearance**

- Most of the discoloration and swelling will go away in 4-6 weeks.

- Scars may be red and angry looking for up to 6 months. In time, these usually soften and fade.
- All sutures are dissolvable and will go away over time.

### **When to Call**

- If you have increased redness along the incision.
- If you have increased pain that is not relieved by medication.
- If you have any side effects to medications such as a rash.
- If you have an oral temperature over 100.4 degrees.
- If you have any tan or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.

### **For Medical Questions, please call:**

- (870)239-8427, Monday-Friday, 8am to 4:30pm
- After hours, weekends and holidays (870)239-8247 and the answering service will assist you.
- You will follow up with surgeon 2 weeks from the day of your surgery.