



BOULDER PLASTIC SURGERY Prof., L.L.C.

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AFTER YOUR REPLACEMENT of TISSUE EXPANDER with PERMANENT PROSTHESIS

Returning Home From The Surgical Facility

To achieve the best possible result from your surgery, follow these instructions carefully. If you have questions or problems that are not addressed here, call our office and we'll be happy to help.

1. When you arrive home, make yourself comfortable and relax for the remainder of the day. Feel free to move around, but avoid any heavy exertion for 4-6 weeks. You'll feel tired and sore, and will sleep intermittently. Your energy levels will gradually return. Take several rest periods during the day to "recharge".
2. If your stomach feels fine, progress to foods, as you desire. If you are at all nauseated, do not eat solid foods, just drink small amounts of clear liquids, until the nausea passes. If it persists, call us.
3. During the first few days after surgery, take your pain medication as necessary, preferably after eating to avoid nausea. Most patients find narcotic pain medication unnecessary during the day after about 3-5 days, but still helpful at night for 10-14 days.
4. Your sleep cycle may be temporarily altered by surgery/ anesthesia/ drugs. If this persist, let us know.
5. *Ibuprofen (Motrin, Advil, Nuprin) or Tylenol is helpful starting early in the post operative period, and for an additional 7-10 days following discontinuance of oral narcotics to take you through the soreness phase of your recovery. Aspirin should be avoided for 2 weeks before the planned date of your reconstruction.
6. Most of your discomfort occurs in the first 24-48 hours following surgery and will decrease each day thereafter. *You may resume normal activities as tolerated.* Normal activities include caring for yourself and lifting routine objects. Ask if you have any questions.
7. You may remove the gauze bandages from your breast incisions the morning after surgery. Leave the tapes (steri-strips, butterflies) over the incisions for 7 days. Your incisions seal in the first 24 hours following surgery. *You may shower the day following surgery.* After showering, towel dry your breast incisions and leave them open to the air. If you have a drain, it will be removed several days after your operation.
8. All sutures placed in your incisions are beneath the skin, and will be reabsorbed by your body in a few months. You will not damage your incisions at all by normal activity.

9. Call the office if you experience persistent nausea after arriving home; temperature over 101 degrees; pain that is not controlled with your pain medication or swelling that is alarming or asymmetrical (if bilateral procedure).
10. Sleep on your back at 45 degree angle on 2 or more pillows the first week after surgery. Change your sleeping position depending on comfort. You will **not** be able to sleep on your chest comfortably for 6-8 weeks, perhaps longer.
11. If you are not given an appointment after you leave the surgical facility, you will need to call the office to schedule one to follow up, within 4-5 days.
12. Call the office if you have any further questions or concerns. **(303) 443-2277**
13. Please also review and be familiar with the after your breast reconstruction section in the patient information material, as well as the summary sheets supplied with your preoperative packet.

