



Restifo Plastic Surgery

PLASTIC & RECONSTRUCTIVE SURGERY

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Bilateral Expander Reconstruction Postoperative Instructions

- ◆ Please call our office at 203.772.1444 to schedule a postoperative visit if you have not already done so.
- ◆ Keep breast dressings in place until you are seen in the office. Do not get the dressings wet. Tub or sponge-bather only. You will be able to shower after the dressings are removed.
- ◆ **WARNING!** Please be advised that tissue expanders contain magnet. You may not undergo any type of MRI while tissue expanders are in place.
- ◆ You have been prescribed the following medications:
 - _____. Take _____ tablet(s) by mouth every _____ hours as needed for *pain*.
 - _____. Take _____ tablet(s) by mouth every _____ hours as needed for *muscle spasm*.
 - _____. Take _____ tablet(s) by mouth every _____ hours as needed for *nausea*.
 - _____. Take _____ tablet(s) by mouth _____ times a day until finished. ***This is your antibiotic.***
- ◆ You may resume a regular diet as tolerated. It is important to drink plenty of fluids.
- ◆ Take Colace 100 mg two times daily in order to prevent constipation resulting from use of pain medication. This can be purchased over the counter at your local pharmacy. If you do not have a bowel movement within 2-3 days of your surgery you may take milk of magnesia.
- ◆ Avoid Aspirin, Ibuprofen, Advil, Motrin, Naprosyn, Aleve, Celebrex, Excedrin, Fish Oil and Vitamin E for one week following surgery.
- ◆ ***We encourage you to walk as early as the day of surgery for at least 10 minutes every hour.*** No heavy lifting > 5 pounds, pulling, or pushing for one month. . You may ride a stationary bike 2-3 weeks after surgery. No high impact aerobic exercise or upper body workout for 6 weeks.
- ◆ No driving for a ***minimum*** of two weeks.
- ◆ You will begin daily wound care ***after*** your first postoperative visit: Use Q-tips to gently apply hydrogen peroxide to the suture line. Then apply bacitracin and gauze.
- ◆ Empty drains twice a day and record amounts on the provided drain chart. Please bring chart to postop visit.

Other:

**If you have any questions, please call us at (203) 772-1444.
200 South Orange Center Road, Orange, CT 06477**