



JONATHAN HEISTEIN, M.D.
PLASTIC & RECONSTRUCTIVE SURGERY

LATISSIMUS DORSI & TISSUE EXPANDER BREAST RECONSTRUCTION HOME INSTRUCTIONS

DIET

- Start with a light diet – mainly liquids, then progress to a regular diet.

ACTIVITY

- Take it easy and do not schedule any significant activities for the first 4-6 weeks.
- No lifting more than 5 lbs.
- Deep breathing exercises should be done every hour while awake for the first 48 hours.

MEDICATION

- ***Do not take aspirin/ibuprofen-type pills unless directed by Dr. Heistein!***
- Take pain medication as prescribed and directed.
- You **MUST** continue to take the antibiotic until the drains are removed.
- Take Regular or Extra-Strength Tylenol 1-2 tablets every 4-6 hours as needed for lesser pain (but not in combination with the prescribed pain medicine).
- If you have a pain pump, you do not need to adjust it.

WOUND CARE

- ***Do not smoke!***
- Change the dressing daily with sterile gauze pads over the incision and around the drains.
- Empty the drains every 8-12 hours and record the amount. The drainage bulb must be recompressed after emptying to maintain suction of drainage from the incision.
- You may have some bloody discharge around the drain tube. You may reinforce the dressing with gauze as needed.
- Do not shower until 24 hours after the drains are removed.

PROBLEMS

- ***Call Dr. Heistein if you have problems or concerns. Observe and call for any of the following:***
- Temperature above 101.
- Excessive drainage.
- Increased pain that is not relieved by pain medication.
- A change in the appearance of your breasts (i.e. if one suddenly appears larger, more painful, or if excessive bruising or hardness is noted).
- ***If unable to contact Dr. Heistein in an emergency situation, go to the nearest emergency room.***

ANESTHESIA

- If you had general anesthesia, you may have a sore, dry throat. Throat lozenges and/or gargles may give relief.
- You may have muscle soreness, a jittery feeling, or nausea for 24-48 hours.

SPECIAL INSTRUCTIONS _____

FOLLOW - UP

- Please call tomorrow to schedule your post-operative appointment for _____ (unless previously scheduled)