



JONATHAN HEISTEIN, M.D.  
PLASTIC & RECONSTRUCTIVE SURGERY

---

## 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.
- 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).

### 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 (817)820-0000 today to schedule your post-operative appointment for tomorrow (unless previously scheduled)