TALLGRASS SURGICAL CENTER

PLACEMENT OF BREAST TISSUE EXPANDERS
DISCHARGE INSTRUCTIONS
DR. KELLER/DR. THELLMAN

The anesthetic may make you drowsy and slow your reaction time; therefore, for 24 hours:

1. Do not consume alcoholic beverages
2. Do not drive a vehicle or operate machinery
3. Do not make legal decisions or sign legal documents

You may experience a sore throat. For relief you can take over the counter throat lozenges. If your sore throat lasts longer than 2-3 days please contact your surgeon.

Rest quietly today. Have a responsible adult stay with you today and overnight.

NOTIFY YOUR SURGEON IF ANY OF THE FOLLOWING OCCUR:

- If one breast should become quickly more swollen and painful. It could be sign of fluid or blood collecting in the breast.
- Elevated temperature above 101 degrees.
- Increasing pain unrelieved by pain medication.
- Bloody drainage that has soaked your dressing.

ACTIVITY

- Take it easy.
- You may walk, climb stairs, use your arms and engage in everyday activities.
- However, avoid exercise and strenuous activities until your surgeon gives the go ahead.

DRESSING

- Leave dressings in place (will be changed at your follow up visit).
- If a compression garment is applied, leave this in place as well (may loosen if it becomes too tight).

SUTURES

- Your sutures are beneath the skin and will dissolve with time. (They do not need to be removed.)

SHOWERING

- May shower on the day after drain is removed. You will need to take sponge baths until drain is removed.
- Avoid getting water on your incisions as much as possible, but a little is O.K.
- Pat dry with a towel when finished-**do not rub**.
- No swimming or bathing until wounds are completely healed.

DIET

- Resume regular diet. (You may find that your appetite is less than normal.) Make sure you drink plenty of fluids.

MEDICATION

- Pain after this procedure is to be expected.
- Take prescribed medication as directed.
- If your pain is less severe, you may take Tylenol only.
- Avoid Aspirin and aspirin products (ibuprofen, motrin, aleve, etc), as they may cause increased bleeding.
- Most pain medications should be taken with food.
- Pain medications can contribute to constipation. Increase fluids, fresh fruits and vegetables to help with constipation.

WHAT TO EXPECT

- Bruising is expected on the chest.
- Bleeding in small amounts may occur along the incisions. (This is typically minimal and intermittent, and will stop in 24-48 hours).

FOLLOW UP

- Call if you have any questions or concerns. Our office number is **785-843-7677**.
- Please call our office and schedule your follow up visit in _____.

PRESCRIPTION

_____
_____
_____

OTHER INSTRUCTIONS

_____
_____
_____
_____

I HAVE READ THE INSTRUCTIONS AND UNDERSTAND THEIR MEANING.

Signature of Patient/Responsible Adult

_x_____

If any problems occur or if you have further questions CONTACT YOUR PHYSICIAN. If you are unable to reach your physician and feel that your signs and symptoms warrant a physicians attention go to the EMERGENCY ROOM CLOSEST TO YOU.

_x_____
Instructions Given By:

_____ _____
Date Time