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DR. JASON CLAIN

POST-OPERATIVE INSTRUCTIONS FOR TISSUE EXPANDERS

After Surgery

- After surgery you will have a bra on and two drains
 - Strip and record your drain outputs daily:
 - Label your drains 1, 2, 3, 4
 - Record how much fluid comes out of each drain per days (Mon, Tues, Weds, etc)
 - Bring this information to your first post-operative visit
- Wear your bra all the time, except when showering.
- You can shower 2 days after surgery. It is ok for soap and water to go on the incisions and drains.

Activity

- Do not raise your arms above shoulder level
- Do not lift anything >5 pounds
- Be careful when getting in and out of bed/chair that you do not put a lot of pressure on your arms as it will pull on your reconstruction.
- Walking is good and decreases the risk of blood clots. Do not exercise or do anything that raises your blood pressure
- Exercise is not permitted for 6 weeks

Medications

- Take acetaminophen for pain, take the narcotic pain medication only for severe pain (you can also take a half pill). Ibuprofen is ok 3 days after surgery. Some patients do not need the narcotic.
- You do not need any additional antibiotics

What To Expect While Healing

- Bruising is normal, if you have redness that is spreading, call your surgeon
- Some fluid on the dressing

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- The breasts will achieve their shape over the next few months, wrinkles are normal in the beginning

Follow-Up

- You should see Dr. Clain within 10 days of surgery. If you do not have an appointment, please call his secretary
- We will begin the tissue expansion process approximately 1 month after surgery
- The permanent implants are placed approximately 3-6 months after surgery
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