

# Breast Tissue Expander Placement Post-Surgery Information



## Important Information

- You will be provided with prescriptions for pain medications at the time of your preoperative appointment, including an anti-inflammatory, a muscle relaxant and a rescue medication.
- You will be provided with a prescription for an antibiotic. Please complete the antibiotic as prescribed.
- If you develop redness to your breast, a fever over 101 degrees, chills, a large amount of incisional drainage, or if you cannot tolerate your antibiotics, call the clinic at 407-821-3555.
- Your first follow-up visit will be the week after surgery. At this visit, we will remove your dressings, check your incisions and resecure your drain dressings.

## Will I have drains in place?

You will have Jackson-Pratt (JP) drains. There will be at least one drain for each breast surgical site. You will need to empty the drain and record the drainage at least twice daily. The drains will be in place for a minimum of two weeks and a maximum of three weeks. Drains are removed based on the volume and color of output and the appearance of your skin after surgery.

## When does the expansion process begin, and how long does it take?

- Your first expansion may occur at the time of surgery or at a postoperative visit at least two weeks after surgery. Your second expansion may be at the second postoperative visit. This will be determined by your skin condition and your pain level.

- The length of the entire expansion process is usually one to two months. This depends on the frequency of the expansions and the amount of normal saline you can tolerate at each expansion. It is also dependent upon your desired breast size. If you must undergo chemotherapy or radiation after expander placement, your expansion process will be placed on hold until treatment is complete.
- After your final expansion, there is usually a waiting period of approximately two to three months before your next surgery to allow for adequate stretching of your skin.
- After each expansion, a dressing will be applied that needs to be left in place for 24 hours, and then removed.
- For most women, the prescribed muscle relaxant and/or ibuprofen or acetaminophen help decrease discomfort following expansion.

## How long is recovery?

Typically, it will be six weeks before you will be able to resume all normal activities without restrictions. You will be sore for three to four weeks and may experience discomfort after expansions.

## When can I exercise?

- For six weeks after surgery, no lifting, pushing or pulling over 10 pounds.
- No strenuous exercise is allowed until after six weeks and your incisions are completely healed. We recommend you walk frequently to facilitate your surgical recovery and prevent the formation of blood clots in your legs after surgery. Gradually increase your activity level and exercise.

**AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.**

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.

