



ELLIOT M. HIRSCH, MD
PLASTIC & RECONSTRUCTIVE SURGERY

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Tissue Expander Post-Operative Instructions

Medications: Your greatest discomfort will be in the first 24-48 hours after your procedure. If you have pain, you should take your prescribed pain medication or Tylenol. After 48-72 hours, you can take Ibuprofen if desired. Take your pain medication with food to avoid nausea or stomach discomfort. Pain medication can be constipating, so be sure to eat fruits and vegetables. Drink plenty of fluids as well.

Take your antibiotics as prescribed until the drains are removed. If you are running low on antibiotics and the drains are still present, please call our office for a prescription refill.

If a pain pump was used, it will run out around 72 hours post op. You can remove the plastic covering over the tubes and slide them out and discard the entire pump. It is normal to have some oozing from the insertion site of the tubes.

Dressings and Incision Care: Do not remove the Prevena or Pico (spongy dressing). Leave the wrap in place for 48 hours, then you can remove it to shower. Keep the spongy dressing dry. Replace the wrap after you shower.

If drains were used, please empty your drains, strip drains, and record output every 8 hours. Bring the record of the drain output with you to your appointment with Dr. Hirsch. To learn how to care for drains, watch the video at the following link: <https://www.hirschplasticsurgery.com/Patient-Forms>

Activity: Make sure that you are up and walking and moving around the first night after surgery, this is very important! You will find that the more you move around, the better you feel. Please avoid strenuous activity or any lifting greater than 20 pounds until you are seen by Dr. Hirsch.

Diet: You may resume your regular diet

Special Instructions: _____

When to Call: A small to moderate amount of clear to light pink drainage from the incision is normal. However, if this drainage is dark, bloody, or foul smelling, please call Dr. Hirsch.

Please call Dr. Hirsch's office if you have questions or concerns or if you are experiencing any of the following:

- fever of 101 or higher
- severe pain not responsive to pain medications
- increasing swelling
- increasing redness
- pus or foul-smelling drainage from the incision.
- Discoloration of the nipple (if still present)

Follow up: _____