

Tissue Expander Exchange for Permanent Implant (Saline/Silicone) Post-Operative Instructions

What are my post-operative instructions?

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest and follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- No alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

What should my activity level be?

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until 3 weeks after surgery.
- Perform arm/shoulder range of motion exercises four times a day (as directed by your Plastic Surgeon)
- Avoid lifting anything over 5 pounds for 4-6 weeks.
- For 4 weeks after surgery, please avoid the following -
 - Physical work of any kind (house, yard, dishes, laundry)
 - Sports/working out (including treadmills)
 - Soaking in tubs, pools, whirlpools
- Employment activities can be resumed in 4-6 weeks (unless otherwise discussed with your surgeon).

- Do not wear a bra unless directed by surgeon.

How do I take care of my incision?

- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on. If your incision was closed with skin glue, it will slowly flake off over the first couple of weeks
- Keep incisions clean and inspect daily for signs of infection.
- You may shower 48 hours after surgery.

What will it look like?

- Following tissue expansion exchange, a more normal look should be restored.

When should I call my doctor?

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

Who should I call if I have questions?

- **Clinic Phone (734) 998-6022**

UMHS Plastic Surgery
Tissue Expander Exchange for Permanent Implant (Saline/Silicone) Post-Operative Instructions

For questions and prescription refills please contact our clinic at during office hours (Monday - Friday, 8 a.m. - 4:30 p.m.)

- **Hospital Paging (734) 936-6267**

After hours and on weekends, call and ask for the Plastic Surgeon on call.

How do I manage my pain?

Pre-operative Instructions:

- Prior to your surgery, pain medication will be prescribed by your Primary care physician or referring physician.
- If you **do not** have an established Primary care physician, please call the Physician referral service at **1-800-211-8181**.
- To establish yourself with a primary care physician **prior** to your surgery, please schedule an appointment with the new primary care physician.

Post-operative Instructions:

- After having surgery, it is expected you will experience some pain even with pain medication. This is a normal part of recovery.
- You will be provided a prescription for pain medicine that will last until your first return post-op visit.
- At your first post-op visit, your pain will be evaluated. The surgical team will manage your pain for the acute recovery phase.
- Acute pain management for major surgery is typically 6 to 12 weeks.
- Acute pain management for minor procedures is typically 7-10 days.
- You may not drive while you are taking narcotic pain medication or otherwise instructed by your surgical team.

Managing Prescription Refills:

- Please call the clinic at **734-998-6022** for medication refills.
- You may also contact us using the Patient Portal at <https://www.myuofmhealth.org>.
- Messages received after hours or on the weekend will be processed the

next business day.

- Please allow 24 hours or one business day to have your request reviewed by your surgical team.

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Erin Larowe
Reviewers: Lauren Frankel, PA

Patient Education by [University of Michigan Health System](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#). Last Revised 5/2016