



POST-OP INSTRUCTIONS: BREAST RECONSTRUCTION WITH TISSUE EXPANDER - NIPPLE SPARING MASTECTOMY

DRESSINGS

- Keep your dressings in place until your first post-operative appointment.
- Do not remove skin tapes (butterfly tapes) for 2-3 weeks from your surgery or until they fall off.

MEDICATION

- Pain meds should be taken with food to avoid stomach upset. Do not drive if taking pain meds.
- Apply nitroglycerin ointment to each nipple as directed.
- For patients with normal kidney function, we recommend taking 1000mg of Tylenol every 8 hours and 600mg of ibuprofen every 6 hours for 3 days post-op.
- Do not take vitamin E, fish oil, or garlic pills for 2 weeks after surgery.

ACTIVITY

- Please begin to move around as tolerated. During waking hours, walk around every 2-3 hours to help prevent blood clots for the first 2-3 days after your surgery.
- Restrict excessive use of your arms for 2 weeks after surgery.
- No lifting above head or lifting greater than 10 lbs (gallon of milk), or housework (vacuuming, cooking, cleaning) for 2 weeks after surgery.
- Avoid heavy lifting (>25 lbs) with the upper body for 6 weeks after surgery.
- Employment can be resumed 14 days or more after surgery.

AVOID

- Do not smoke, vape, use nicotine gum/patches, or expose yourself to secondhand smoke for at least 6 weeks after your surgery.
- DO NOT APPLY ICE TO THE BREAST OR NIPPLE.

DRAINS

If you have been discharged with drains, please follow these instructions:

- A nurse will teach you and your family how to empty the drains and record the amount of drainage. Every day, add up the total output per drain over the last 24 hours. Bring this sheet with you to your post-op appointment.
- While drains are in place, please do not shower or get the drain site wet. You may do a gentle sponge bath of other areas of your body.
- Your drains will likely be removed at your first office visit, but may have to stay longer depending on output.

CALL OUR OFFICE if you get a fever of over 100°F or if your incision becomes red or hot to the touch.