

## OLYMPIC PLASTIC SURGERY CENTER

### TISSUE EXPANSION POST-OPERATIVE INSTRUCTIONS

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- 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.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, 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.

### ACTIVITIES

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Unless stated on this form, discuss your time off work with your surgeon.
- Resuming your normal routine depends on the type and complexity of your surgery. Usually you can manage your normal routine while the expander is in place. Following the second surgery, you should be up and about within a week.

### INCISION CARE

- You may shower 48 hours after removal of the drainage tubes.
- 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.
- Keep incisions clean and inspect daily for signs of infection.

### WHAT TO EXPECT

- You may experience minor discomfort for one to two hours each time saline is injected into the expander.

- You may experience temporary discomfort when the expander is removed and new tissue is put in place.

#### APPEARANCE

- While the tissue is being expanded, a bulge will be created. Depending upon the location of the tissue expansion, the bulge may be considered desirable or unsightly.
- Following tissue expansion, a more normal look should be restored.

#### WHEN TO CALL

- 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 101.4 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.

**FOR MEDICAL QUESTIONS, PLEASE CALL: (360)479-4370.**

If after normal business hours, the answering service will notify us promptly.