

**MOUNTAIN VIEW COSMETIC SURGERY, LLC  
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**BREAST RECONSTRUCTION WITH EXPANDERS**

Pre-operative Instructions

1. Do not take aspirin or anti-inflammatory medications for 10 days before surgery as this may increase the risk of bleeding. Tylenol is acceptable.
2. If your surgery is done as an outpatient, you will be give prescriptions that need to be filled in advance. Do not take them until you return home after your operation.
3. Prior to surgery date, purchase an inexpensive, stretchy bra that is approximately 2 cup sizes larger than your present size. Something that offers support but avoid anything with under wires or that is too tight.
4. You will need a driver and someone to take care of you the first 48 hours.

Post-operative Instructions:

1. Notify the doctor if any of the follow occur:
  - Temperature over 101 degrees or chills
  - Extreme swelling of either breast in the first 48 hours.
2. You will be sent home in an ace wrap. You may remove this the day following surgery. Please leave the tapes (steri-strips) on. You may shower 24-48 hours after surgery.
3. It is common to experience swelling and discomfort. Do not apply ice packs or heating pads to the breasts.
4. It is O.K. to use Ibuprofen or Aleve in between doses of other pain medications. Try to wait at least two hours between medication doses. Take medications with food to decrease stomach upset.
5. You may begin driving when you are no longer taking narcotics.
6. Avoid lifting objects 10 pounds or more, and avoid strenuous activities for 2 weeks after surgery.
7. Call the doctors office the day following surgery to make a one week follow up appt. (If not already made before you leave the hospital/surgicenter).
8. You will have sutures removed and be give further instructions at your first postoperative visit.