

**Did you just have Tissue Expanders Inserted?
If yes then here are your....
Discharge Instructions**

Medication:

You have been provided with prescriptions for pain relief (narcotic- Dilaudid), a muscle relaxant (Valium) and an Antibiotic (Septra, Keflex or Levoquin).

Pain control – we recommend Tylenol (Extra-Strength) 2 tablets every 6 hours around the clock. You can also add Advil to this regimen. By taking these non-prescription medications continuously you should decrease your need for narcotic (Dilaudid, hydromorphone) medication. The muscle relaxant (Valium) may also be quite effective in controlling discomfort. However, a narcotic prescription has been provided for breakthrough pain. Please note that narcotics are very constipating so please ensure that you remain well hydrated and consider stool softening supplements.

Antibiotics – You have been prescribed a 3 week* course of antibiotic medication (likely Septra, Keflex or Levoquin). Please consider a pro-biotic alongside these antibiotics (discuss with your pharmacist). If you develop GI distress with your antibiotic medication (vomiting, diarrhea) then discontinue the medication and contact our office – ok to wait until the following day.

*The antibiotic can be discontinued after the final drain has been removed. Most patients will not require a 3 week course. If all drains are out by the 4th day then you can stop taking antibiotics on the 4th day!

Dressing care:

Paper tape has been applied to your wounds. Leave the tape intact. You may trim loose edges or replace the tape entirely. Paper tape is available at the pharmacy. There is no prescription required and it does not have to be sterile.

There may be red/blood staining of the paper tape. This is normal. However, if blood is dripping or running beyond the borders of the tape then apply firm pressure with a dry cloth for about 5 minutes. If bleeding persists beyond that point then please contact either Dr. Avram/Coroneos or one of the plastic surgeons on call through the hospital paging system (905 521 5030).

Drains:

Drains have been placed in your breast(s) to help remove fluid that is likely to collect. The drains suck! We get it. The drains should remain in place until the output falls below 30ml in a 24 hour period. Homecare (CCAC) has been organized to help you manage your drains.

Showering:

You may shower 24 hours after ALL drains have been removed. It is ok for the tape on your incision to get wet. Dry the area carefully afterwards.

Supportive Garment:

Not required at this point though a loose, comfortable sports bra is helpful to support any necessary dressings and/or the drain bulbs.

Exercise:

It's ok to move your arms! But please avoid reaching above your shoulder until your first postoperative appointment. After 2-3 weeks you may begin to gradually increase upper arm activity. Stay within your comfort zone. If something feels overly tight or painful then avoid the activity and re-assess in a few days or a week. Online videos are available to demonstrate exercises you can do at home, we can email these to you.

Do not push, pull or lift greater than 5 pounds with either of your arms for 6 weeks. As for return to the gym – we recommend 6 weeks before initiating a sweat-provoking exercise regimen.

Travel:

Metal detectors:

Most expanders have a magnetic/metal port. This may set off a metal detector. Please obtain a letter from my office prior to air travel which details the presence of metal in your expander.

Antibiotics while away:

When travelling outside of the province please consider taking antibiotics with you in the event that you develop early signs of an infection along your reconstructed breast (redness, pain/tenderness). At the earliest sign of infection we would advise you to start taking antibiotics and contact us as soon as

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Dr. Chris Coroneos

possible or seek advice from a local physician (this is a super rare occurrence by the way).

Medical Insurance:

Most travel insurance will not cover complications or emergencies related to recent surgery. Please review and confirm the details of your policy before out-of-country travel.

Dental Surgery/Work:

You do NOT need to take antibiotics before dental work. *We used to say you had to.* But that's no longer true!!

Work forms:

We are begrudgingly happy to complete your return-to-work forms. In order to expedite return of these forms to you we would ask that you complete as much of the form as possible (name, date of surgery, prior appointments, etc). Forms should be submitted to our assistants. Leaving them with us is a recipe for loss of your forms. Forms may also be scanned to our admin assistants –

Dr. Avram: Cindy – karmanc@mcmaster.ca

Dr. Coroneos: Sarah – vanslig@mcmaster.ca

Please note there may a charge for completion of the forms.

Follow-up:

Please contact our office to schedule your follow-up appointment. You should be seen about 2 – 3 weeks after your procedure. Your appointment should take place at the Juravinski Hospital or Cancer Center.

Reasons to contact Dr. Avram/Coroneos or visit the emergency room:

- 1. Rapid swelling of your breast(s)**
- 2. Redness along your incision or breast skin**
- 3. Difficulty breathing**
- 4. Persistent drainage/blood from the incision line**
- 5. Fever of 101F / 38.3C**

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Dr. Chris Coroneos**

Contact information:

Hospital paging/plastic surgeon on call	905 5215030
(ask for Dr. Avram/Coroneos even if they're not on call)	
Dr. Avram's office	905 5212100 ex 44891
Dr. Coroneos' office	905 5212100 ex 44369