



Dana Goldberg MD

Plastic & Reconstructive Surgery

## HOME CARE AFTER TISSUE EXPANDER BREAST AUGMENTATION

PLEASE FOLLOW THESE INSTRUCTIONS IN ADDITION TO THOSE LISTED ON THE **GENERAL HOME CARE AFTER PLASTIC SURGERY** SHEET YOU RECEIVED.

- IF YOU HAVE DRAINS, EMPTY THEM AS INSTRUCTED.
- RECORD THE AMOUNT OF DRAINAGE AND REAPPLY THE SUCTION 2-3 TIMES A DAY.
- IF YOU HAVE STERI STRIPS (BUTTERFLY TAPES) ON YOUR INCISION, LEAVE THEM IN PLACE UNTIL YOU RETURN TO THE DOCTOR.
- DR GOLDBERG WILL TELL YOU WHEN IT IS OK TO SHOWER OR BATHE. USE SPONGE BATHING, INCLUDING THE INCISION, WITH SOAP AND WATER IF YOU HAVE DRAINS IN PLACE. IF YOU DO NOT HAVE DRAINS, YOU MAY SHOWER OR BATHE. AFTER YOUR SHOWER OR BATH, AIR DRY THE INCISION OR USE A HAIR DRYER ON LOW SETTING.
- DO NOT EXERCISE OR LIFT WEIGHTS UNTIL YOU HAVE SEEN DR. GOLDBERG

