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Post Operative Breast Tissue Expander Management:

- Please see JP drain management form to assist with care.
- YOU WILL BE REQUIRED to eat a minimum of three meals a day, with meat the size of your fist or a protein shake. This should equate to 30 grams of protein every 4 hours while awake. You are required to eat even if you do not have an appetite. Please inform the office if you are nauseated. They will prescribe medication to prevent this. Protein is essential to wound healing. You will be required to stay on this diet for the next 6 weeks.
- Tight glucose control is essential to wound healing. If you have diabetes please keep tight control of your blood glucose. If you have difficulty with this please notify the office immediately.
- Please shower daily. No baths. Wash the wounds with Dove (plain or sensitive skin bar) soap and water. Rinse and pat dry. The glue in place over the incision will come off on its own in the next four weeks. Please do not pull it off. You may start showering two days after surgery.
- Do not use nicotine products. This includes any vape, nicotine packs, nicotine patches, cigarettes, or any other tobacco products. Nicotine can contribute to wound breakdown.
- Please do not take Ozempic (Semaglutide), Mounjaro (Tirzepatide), Rybelsus, Wegovy, Zepbound, any GLP-1 inhibitor, phentermine, any weight loss medication, or any medication that could delay gastric emptying without discussing with Dr. Murillo after surgery.
- No lifting, pushing, or pulling for the next three weeks. At the fourth week you may lift the equivalent of a half-gallon of milk. At the fifth week you may lift a gallon of milk. At the sixth week you may lift weights, but with caution. No restrictions after the sixth week.
- Please do not raise your arms above your head until four weeks after surgery. You may wash your hair with the elbow in line with the shoulder. Please do not raise elbows above your shoulder.
- You may drive when drains are removed, and you feel you could safely use the brakes of your car in an emergent situation. If you plan to be a passenger in a car, please make sure to walk for 10-15 min every two hours.
- Please inform the office if you will fly with tissue expanders in place. The port in the expander may alert security at the airport. We will provide you with a form for flying.

Murillo
PLASTIC SURGERY

- Please use the bra provided to you at surgery during the day. You may remove it at night. You will also be allowed to use a supportive bra (sports bra) that opens to the front without underwire.