



## Care Instructions After Tissue Expander Breast Reconstruction

- Stop taking your antibiotic: today tomorrow after you finish your prescribed dose other \_\_\_\_\_
- It's OK to take a shower: today tomorrow in 48 hours (2 days)  
wait until your next appointment
- It's OK to start using deodorant and shaving with an electric razor: today  
tomorrow wait until your next appointment other  
\_\_\_\_\_
- Start your overhead range of motion exercises: today tomorrow wait until  
your next appointment other \_\_\_\_\_

How to care for your breast(s): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

How to care for your drain site(s): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Your tissue expander size is \_\_\_\_\_

The amount in your expander now is \_\_\_\_\_

If you're having a magnetic resonance imaging (MRI) scan, make sure your MRI team knows you have a tissue expander. It's safe for you to have an MRI in some but not all situations. This depends on why you need the MRI. If you have questions, talk with your care team or email [MRISafety@mskcc.org](mailto:MRISafety@mskcc.org).

## Things to avoid

- Do not lift anything heavier than 10 pounds (4.5 kilograms).
- Do not do any vigorous activity for 6 weeks after the date of your surgery.
- Do not use heating pads or ice on your chest.
- Do not wear an underwire bra.
- Do not soak your incision or put lotion on it until it's healed (no scabbing).

Your care team will tell you when you can go back to doing these things.

## When to call your healthcare provider

Call your healthcare provider if you have:

- Swelling or an increase in the size of your breast.
- Swelling under your arms.
- Redness on your chest.
- A fever of 100.5 °F (38.3 °C) or higher.
- Chills.

**After hours, during the weekend, and on holidays, call 212-639-2000. Ask for the Plastics Service.**

## Support services

MSK has many resources you might find helpful. Below are some that are often used after breast reconstruction surgery. If you're interested in social work, physical therapy, or occupational therapy, ask us for a referral.

### Counseling Center

[www.msk.org/counseling](http://www.msk.org/counseling)

646-888-0200

Many people find that counseling helps them. We provide counseling for individuals, couples, families, and groups, as well as medications to help if you feel anxious or depressed. To make an appointment, ask your healthcare provider for a referral or call the number above.

## **Evelyn H. Lauder Breast Center Boutique**

646-888-5330

The boutique has a large selection of prostheses, surgical bras, camisoles, swimwear, and other necessities. It's staffed with professionally certified fitters who can help you. Its address is:

Evelyn H. Lauder Breast Center, 2nd Floor  
300 E. 66th St.  
New York, NY 10065

## **Integrative Medicine Program**

[www.msk.org/integrativemedicine](http://www.msk.org/integrativemedicine)

Our Integrative Medicine Service offers many services to complement (go along with) traditional medical care, including music therapy, mind/body therapies, dance and movement therapy, yoga, and touch therapy. To schedule an appointment for these services, call 646-449-1010.

You can also schedule a consultation with a healthcare provider in the Integrative Medicine Service. They will work with you to come up with a plan for creating a healthy lifestyle and managing side effects. To make an appointment, call 646-608-8550.

If you have any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit [www.msk.org/pe](http://www.msk.org/pe) to search our virtual library.

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