

使用组织扩张器做乳房重建术

患者需要知道的资讯

此讲义为患者解说了如何使用组织扩张器做乳房重建术

何为组织扩张器？

在手术过程中，医生会将一个组织扩张器（tissue expander）放置在乳房腔隙内，可能置放在胸大肌的上方或下方的部位。组织扩张器是一种较坚硬的植入装置，医生会随着时间逐渐向其中注入生理盐水。组织扩张器的作用是拉伸组织（例如皮肤或肌肉），为乳房重建的下一阶段做好准备。

组织扩张是如何进行的？

扩张通常在扩张器植入后约 3 周开始。患者需要每 1 到 3 周来门诊进行一次扩张。在这些就诊过程中，医护人员会使用针头通过扩张器上的注射口注入生理盐水。随着时间推移，皮肤和肌肉形成的腔隙会逐渐被拉伸，以达到最终的乳房大小。

植入扩张器后，会有什么感觉？

每个人使用组织扩张器的体验都不同。有些人只有轻微不适，而有些人可能会感到较明显的疼痛。组织扩张器植入后，医生会开止痛药。请务必按照医嘱服用。疼痛通常会随着时间逐渐减轻。

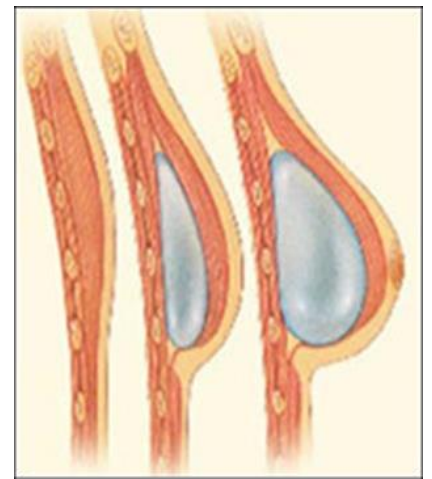
第一次扩张

扩张器植入后约 3 周时，需要来门诊进行第一次复诊。如恢复情况良好，可能会接受第一次组织扩张。组织扩张可由外科医生、医师助理（PA）或行医护士（ARNP）进行。

第一次复诊通常需时约 60 分钟。扩张后几天内，胸部感到酸痛或发胀是正常现象。这种不适感会逐渐改善。

控制疼痛的方法

- 在安装组织扩张器期间，胸部胀痛或胸肌痉挛是正常的。也可能背部和肋骨也会感到不适。
- 切勿在乳房切除手术部位的皮肤上冰敷或热敷。
- 请参阅《重建手术后的疼痛控制》说明，以了解更多控制疼痛的方法。



组织扩张器的作用是拉皮肤及/或肌肉，形成一个用于永久性乳房植入或乳房重建的一个口袋。



请扫描此二维码即可获得
此讲义的电子版。

- 术后衣物
- 如术后提供了乳房切除术后的专用背心或手术胸罩，可以穿戴。
- 否则 4 周内请勿穿任何胸罩或紧身（压迫性）衣物。

伤口的护理

- 在手术后 48 小时，在第一次淋浴前拆除最外层的敷料。通常，这层敷料是纱布和胶带。
- 如伤口上贴有白色外科专用胶带（Steri-Strips），请保持其原位，直到它自行脱落。如它没有自行脱落，我们会在第一次复诊时帮患者移除。
- 拆除敷料时，请检查伤口及周围皮肤的情况。可以拍一张照片保存。如在恢复过程中对伤口外观有任何顾虑，可以将这张照片作为“正常”基准进行比较。

卫生护理

- 手术后 48 小时即可淋浴。此后建议每天淋浴，以降低被感染的风险。
- 使用温和的肥皂，轻轻地清洗伤口部位。
- 在伤口完全愈合且结痂全部脱落之前，请勿泡澡、泡热水浴或游泳。这个过程可能需要 4 到 6 周。

引流

- 如在手术时放置了引流管，我们会教患者如何护理。请阅读（JP 引流管护理 Caring for Your JP Drains）说明。
- 在最后一根引流管移除之前，需要持续服用抗生素。

日常活动与重返工作

- 术后 4 周内请轻度地活动双臂：
 - 手术侧手臂切勿抬高超过肩膀高度。
 - 切勿提、推或拉任何超过 8 磅（约 3.6 公斤）的物品。这包括抱小孩和宠物。
 - 避免重复性的手臂动作，例如做家务（吸尘、洗碗、洗衣服等）。
 - 避免有氧运动（会导致呼吸急促或心率持续升高的活动）。
- 我们鼓励散步，因为散步有助于伤口愈合和恢复体力。
- 开始时建议每天散步 3 至 4 次，每次 5 至 10 分钟。
- 随着身体恢复，可逐渐增加步行距离和时间。
- 恢复工作时间因人而异，也取决于患者的工作性质。
- 请与外科医生讨论，确定最适合患者个人的返工时间。

睡眠姿势

- 术后 **4 周内** 请仰卧睡，并将头部稍微垫高。
- 4 周后，可以侧卧睡。
- 为了保持头部抬高，可以叠放枕头、使用楔形枕（斜坡枕），或睡在可调整的躺椅上。
- 术后 **3 个月内** 不要趴着睡觉（俯卧位）。

何时需要联系医疗团队：

如出现以下情况，请联系诊所或您的医生：

- 敷料被出血或渗液浸透（请按压伤口部位以帮助减少出血）
- 手术伤口边缘裂开或伤口开裂
- 体温高于 100.5°F（38°C）
- 发抖和/或发冷
- 手术部位出现任何感染迹象，例如：
 - 发红
 - 肿胀加剧
 - 分泌物有异味
 - 出现脓液或浑浊的分泌物
- 恶心及/或呕吐
- 新出的皮疹
- 疼痛加剧、止痛药无法减缓疼痛

如出现新的胸痛或呼吸急促（气短）症状，请立即拨打 **911** 急救电话。

如出现发红、肿胀、疼痛、痉挛（抽筋）或发热感，通常发生在单侧肢体（如一条腿或一只手臂），这可能是血栓（血块）的征兆。请立即前往最近的急诊室（ER）就医。

您有疑问吗？

我们很重视您的提问。如有任何疑问或顾虑，请联系您的医生或医疗服务提供者。

门诊时间内（周一至周五，节假日除外，上午 8:00 至下午 5:00）：

- 如您有任何问题或顾虑，我们建议您通过 EPIC MyChart 给您的外科医生发送信息。如有需要请附上照片。
- 也可以致电重建外科中心（Center for Reconstructive Surgery）：206.598.1217 按选项 2。

门诊时间外的紧急需求：

- 如在下班后、周末或节假日有紧急医疗需求，请致电：206.598.6190 并要求与值班整形外科医生（plastic surgeon on call）通话。

Tissue Expanders for Breast Reconstruction

What you need to know

This handout explains how tissue expanders are used in breast reconstruction.

What are tissue expanders?

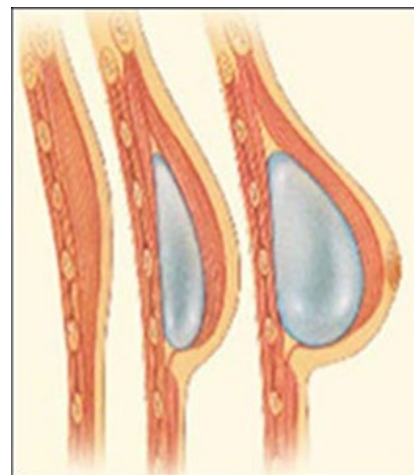
During surgery, a tissue expander is placed in the breast pocket either above or below your pectoral muscle. Tissue expanders are firm, implanted devices that your provider will gradually fill with saline over time. The purpose of the tissue expander is to stretch tissue (such as skin or muscle) to prepare for the next phase of reconstruction.

How does expansion work?

Expansion starts about 3 weeks after the expander is placed. You will come for clinic visits every 1 to 3 weeks for expansion. At these visits, your provider will use a needle to inject saline through a port in the expander. Over time, the pocket of skin and muscle will stretch to create your final breast size.

What can I expect to feel after the expander is placed?

Each person's experience with tissue expanders is different. Some people have only mild discomfort, and others may have stronger pain. You will be given pain medicine after your tissue expanders are placed. Be sure to use this medicine as directed. Pain typically improves with time.



A tissue expander stretches the skin and/or muscle to create a pocket for the permanent breast implant or breast reconstruction.

Your First Expansion

You will come to the clinic for your first follow-up visit about 3 weeks after the expander was placed. If you have healed, you may receive your first tissue expansion. Tissue expansions can be done either by your surgeon, physician assistant (PA), or nurse practitioner (ARNP).

This first visit usually lasts 60 minutes. It is normal to feel sore or tight in your chest for a few days after the expansion. Post-expansion discomfort will gradually improve.

Pain Control

- While you have the tissue expander, it is normal to feel tightness in your chest or chest muscle spasms. You may also feel discomfort in your back and ribs.
- Please do not place ice or heat on your mastectomy skin.
- Read the handout, "Pain Control After Reconstructive Surgery" to learn more about pain control.



*Scan for a digital
copy of this handout.*

- Post-surgical Garment
- You may wear the post-mastectomy camisole or surgical bra if you were given one after surgery.
- Otherwise, do not wear any bra or compressive (tight) clothing for 4 weeks.

Incision Care

- Remove the outermost bandage 48 hours after surgery, before you shower for the first time. Generally, this bandage is gauze and tape.
- If your incision has strips of white tape (Steri-Strips) over it, leave the bandage in place until it falls off. If it does not fall off on its own, we will remove it during your first follow-up appointment.
- Check how your incision and the skin around your incision look when you remove the bandages. You may want to take a photo of the area. If you have concerns about how it looks as you heal, you can use this photo as your baseline “normal” to compare it with.

Hygiene

- Please take a shower 48 hours after surgery. We recommend daily showers after that to reduce the risk of infection.
- Use mild soap and wash very gently over your incisions.
- Do not take a bath, sit in a hot tub, or go swimming until your incisions are fully healed and no scabs remain. This may take 4 to 6 weeks.

Drains

- If you had drains placed at the time of surgery, we will teach you how to care for them. Please read the handout “Caring for Your JP Drains.”
- You will be on antibiotics until the last drain is removed.

Activities and Return to Work

- For 4 weeks, move your arms gently:
 - Do not raise your arm above shoulder height on your surgical side.
 - Do not lift, push, or pull anything that weighs more than
 - 8 pounds (about the weight of a gallon of water). This includes children and pets.
 - Avoid repetitive arm movements such as chores (vacuuming, doing dishes, and laundry).
 - Avoid aerobic exercise (activities that cause heavy breathing or sustained elevated heart rate).
- We encourage walking because it is helpful for healing and rebuilding strength. Start with 3 to 4 walks a day for 5 to 10 minutes each. Gradually increase your distance and length of time as you heal.
- Returning to work varies from person to person and depends on the type of work you do. Please talk with your surgeon about what may be best for you.

Sleep Position

- Sleep on your back for 4 weeks after surgery, with your head slightly raised. After that, you may sleep on your side.
- It may be helpful to stack pillows, use a wedge pillow, or sleep in a recliner to keep your head raised.
- Do not sleep on your stomach for 3 months after surgery.

When to Contact Your Care Team:

Contact our clinic or your doctor if you have:

- Bleeding or drainage that soaks your dressing (hold pressure on the site to lessen bleeding)
- Opening at the edges of your incision
- A fever higher than 100.5°F (38°C)
- Shaking and/or chills
- Any signs of infection at your surgical site
 - Redness
 - Increased swelling
 - Bad-smelling drainage
 - Pus or cloudy colored drainage
- Nausea and/or vomiting
- New rash
- Pain that is worsening and is no longer eased by your pain medicine

If you are experiencing new chest pain or shortness of breath, please call 911.

If you are experiencing redness, swelling, pain, cramping, or warmth usually in one limb, these may be signs of a blood clot. Please go to your nearest ER right away.

Questions?

Your questions are important. Contact your doctor or healthcare provider if you have questions or concerns.

During Clinic Hours (Monday through Friday except holidays, 8 a.m. to 5 p.m.):

- If you have any questions or concerns, we recommend sending a message your surgeon through MyChart. Please include a photo if needed.
- Or you may call the Center for Reconstructive Surgery at 206.598.1217 option 2.

Urgent Needs Outside of Clinic Hours:

- If you have an urgent care need after hours, on weekends, or holidays, please call 206.598.6190 and ask to speak to the plastic surgeon on call.