INSTRUCTIONS:

- Get plenty of rest; follow balanced diet.
- Decreased activity and pain medication may promote constipation, so you may want to add more fresh fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not drink alcohol when taking pain medications.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- Bring a pillow to pad chest while wearing seatbelt.
- Wear your surgical bra 24/7 until your first postoperative visit.

ACTIVITIES:

- Walk as soon as possible, this helps reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any narcotic pain medications.
- Do not drive until you have full range of motion with your arms.
- Refrain from vigorous activity for 4 weeks.
- You may start range of motion immediately but avoid excessive use of arms for 5-7 days.
- Refrain from physical contact with breasts for 4 weeks.
- Avoid body contact sports for 6-8 weeks.
- Social and employment activities can be resumed in 3-10 days (depending on your occupation).
- No swimming for 6 days.
- Physical therapy is not typically necessary for this procedure.

INCISION CARE:

- Usually the same incision or a lower breast crease incision will be used for breast implant removal.
- Avoid exposing scars to sun for at least 12 months.
- Keep steri-strips in place
- Keep incisions clean, dry and inspect daily for signs of infection.
- No tub soaking above waist while sutures are in place.
- Avoid bras with underwire for 6 weeks.
- Refrain from sleeping on your stomach for 6 weeks.
Breast Implant Removal Post-Operative Instructions
This is an outpatient procedure

WHAT TO EXPECT:
- Expect some drainage onto the steri-strips covering the incision.
- Discomfort will occur in the first few days after surgery.
- Numbness may occur of nipples and operative areas.
- May experience a burning sensation in your nipples for several weeks.
- May experience temporary soreness, tightness, swelling, and bruising.
- Your breasts may be sensitive to stimulation for several weeks.
- Any discoloration or swelling will subside in 4-6 weeks.
- Scars will be reddened for 6 months. After that, they will gradually fade and soften.

WHEN TO CALL:
- If you have increased swelling or bruising
- If swelling and redness persist after a few days
- If you have increased redness along the incision
- If you have severe or increased pain not relieved by medication
- If you have any side effects to medications: rash, nausea, headache, vomiting
- If you have an oral temperature over 100.4
- If you have yellowish or greenish drainage from the incisions or notice a foul odor
- If you have bleeding from the incisions that is difficult to control with light pressure
- If you have loss of feeling or motion