Removal of Breast Implants (Explant)

With Full Capsulectomy (En Bloc)

Breast En Bloc Explant Specialist

Dr. Matthew G. Stanwix, MD, FACS

Before Surgery

- Be healthy, eat healthy
- Be active
- Meet with En Bloc surgeon Dr. Stanwix
  - Discuss with Dr. Stanwix issues related to your implants
    - All symptoms
    - Breast Implant Related Illnesses
    - Breast Health: Mammograms? Biopsies? MRI or other imaging?
    - Medical Tests: Lyme, silicone levels, etc.
  - Bring any documentation and information about your implants
    - Type of implant: Textured? Silicone or Saline? Manufacturer?
    - Size and shape
    - Implant position: Above Muscle? Under Muscle?
    - Any revision surgeries or materials used (Alloderm, Permanent sutures, etc)
  - Think about your needs and desires
    - Fat transfer or Breast Lift at the time of En Bloc Removal
    - Do you want your implants returned?
    - Do you want to take a portion of your capsule to send to a different site?

Around the Time of Surgery

- Why you have correctly chosen Dr. Stanwix
  - Credentials
    - Board Certified Plastic Surgeon
    - Ivy League Educated and Johns Hopkins Hospital Trained
    - Many Awards and Accolades
    - Highest Patient Satisfaction and Reviews
  - Experience
    - Does 4-8 or more En Bloc Procedures a week
▪ Has performed thousands of Implant removals
▪ Performs breast surgery on a nearly daily basis

○ Results
  ▪ Strives for exceptional results
  ▪ Meticulous and pays close attention to detail
  ▪ Artistic eye for superior outcomes and symmetry

○ Communication
  ▪ He is with you the entire journey guiding you smoothly
  ▪ He listens and believes in you
  ▪ Access to him personally 24/7/365 (drstanwix@gmail.com) He is very responsive in a timely fashion

Example of one of the many precise En Blocs performed by Dr. Matthew G. Stanwix, MD, FACS
Surgery

- True En Bloc
  - Implant and Capsule Removed all in one
    - Through breast fold to limit harm to breast tissue
  - Meticulous surgical skill allows for NO entry into capsule (No “swiss cheese” looking en blocs)
  - All foreign and unnatural materials (mesh, allograft,) and permanent sutures from previous surgeries will be removed fully during surgery
  - Dr. Stanwix can intraoperatively evaluate lymph nodes to see if they are enlarged from silicone spread
- Does NOT open capsule until incisions are closed
  - Places En Bloc Implant and Capsule on back separated sterile table
  - Will not open capsules until after skin glue already applied to incisions
  - NO cross contamination for intracapsular contents to your body as incisions closed
- Muscle Repair
  - Rotates muscle back to original position
  - Re-lengthens muscle for full functional strength
- NO drains!
  - Can be used however if patient requests or if above the muscle
- Performs other surgical procedures at time of explant
  - Natural enhancing fat transfer to keep breast volume
    - Dr. Stanwix performs fat transfer nearly on a daily basis
    - Advanced techniques and Experience of over 10 years in fat transfer
    - Higher fat retention when done at time of En Bloc (65-75% fat survives long term)
  - Breast Lift
    - Minimal periareolar lift—“Donut”, vertical—“Lollipop”, or full lift (or combined)
  - Fat reducing procedures
    - Liposuction, Tummy Tucks
- Pictures taken
  - En bloc Photos,
  - Implants and capsules next to each other after back table removal of capsule
  - Can take intraoperative if requested
- Implants returned
  - Certain restrictions apply (e.g. severely ruptured silicone implants, facility)
- Pathology
  - Has an experienced Board Certified Pathologist to evaluate Breast Capsules for abnormalities
    - Looks for diseases of the capsules and tissue
    - General H&E stain
    - Report will tell pertinent positives (cancer, lymphoma, infections, diseases)
• Does not test for heavy metals. If you want that, please bring a kit set up for that and Dr. Stanwix will help with tissue specimens and send off
• Will tell if mold fungus bacteria are present but does not tell type. If you want specific culture swabs to tell which exact bacteria is present, then tell Dr. Stanwix the day of surgery and he will take culture swabs and send them for testing. That will incur additional cost for the tests. ($80-$150 per side)
• CD 30 testing for ALCL if applicable
  ○ If pathology finds characteristics of ALCL they will automatically run the CD 30 testing
  ○ CD 30 testing will be performed on any fluid around implant greater than 15-30ccs.
  ○ Pathologists have told me that there is no need for CD 30 testing unless these characteristics are found in the tissue. Therefor routine CD 30 testing is not needed, however if you wish to have CD 30 testing of your capsules, Dr. Stanwix is happy to do so however it will likely incur lab costs of $1500-$2000 per side.
  ▪ Sends fluid (seroma) off for testing (e.g. CD 30 immunohistochemistry) if applicable
  ▪ Can take bacterial and other cultures if requested

**After Surgery**

• THREE KEYS TO RECOVERY!
  ○ Walking around (at least 10 times a day)
  ○ Drinking lots of fluids
  ○ Wearing your bra and other compression garments
• Medications for recovery
  ○ Arnica and detox as below
  ○ Eat fresh pineapple use bromlein and high vitamin C foods
  ○ Tylenol 1000mg every 6 hours for the first 48-72 hours
  ○ Stool softeners: Colace 100 mg 3 times a day, senna 2 tablets daily, mirilax 17 grams daily
  ○ Antibiotics: start taking first dose night of surgery when taking liquids well
  ○ Zofran anti-nausea and narcotic pain medicine
• Activities
  ○ Right away
    ▪ Walking around, gentle normal household activities (stairs ok, reaching overhead,
    ▪ No lifting over 10 pounds for 10 days
    ▪ Showering (Everything is watertight with Dr. Stanwix advanced techniques)
    ▪ Driving when off pain medication
  ○ 10 days
    ▪ Gentle Aerobic
• Elliptical, treadmill, bike, Stairmaster
• Low weights (15 pounds or less) high repetitions biceps, triceps, legs
• Gentle Jog

  o 2 weeks
    ▪ Running
    ▪ Core activities, higher weights with legs
    ▪ Gentle swimming, mostly legs
    ▪ Yoga, BUT NO chest or shoulder

  o 4 weeks
    ▪ All activities ok (CrossFit, orange theory, P90x, etc)
    ▪ Chest and shoulder weights ok-BUT ease into over next 2 weeks
    ▪ Sexual Intercourse

• Bras
  o Wear Compression bra at ALL times except showering for two weeks
    ▪ If fat transfer performed, wear at all times for first 7 days and then only wear when active afterwards. No need to wear a bra if lounging around
  o Any bra is ok at two weeks after surgery
    ▪ If full lift performed, wait 3 weeks after surgery for an underwire
  o Tight sports bras ALWAYS for 6 weeks when doing activities
  o Foam stays on for 5-7 days after surgery except for showering

• Liposuction Garments
  o Expect copious leaking from liposuction sights for first 24-36 hours
  o Wear compression garment at all times for first 2 weeks, except showering
  o Then wear at least 50-75% of the time for the following 2 weeks and definitely when active. May wear a spanx occasionally as part of the 50-75%
  o From weeks 4-6 after surgery wear spanx or compression 25-50% of the time at least
  o Foam stays on for 5-7 days after surgery except showering

• DETOXIFICATION
  o DIET (heal your gut, get back energy)
    ▪ Organic, Non-GMO, Gluten Free (or best you can)
    ▪ Antioxidant Fruits (citrus, berries, pineapple)
    ▪ HIGH fiber
    ▪ Lots of vegetables (half cooked and half raw)
      • Cultured vegetables great
      • Green Vegetable Juicing
    ▪ Healthy fats (Nuts, Avacados, Chia seeds)
    ▪ 6-8 cups of purified water a day
    ▪ Limit: dairy, artificial sweeteners, caffeine, processed foods
  o Medications – (Prefer the brand Hylands or something similar)
    ▪ Take probiotic tablets
    ▪ Oral Arnica starting 3 days prior and 7 days or more after
    ▪ For fat transfer:
      • Take Fenugreek and Milk Thistle daily
    ▪ Baking soda-IMPORTANT- ½ teaspoon with each meal
- Natural Antifungals if directed by Dr. Stanwix
  - Oil of Oregano, Caprylic Acid

- Herbal Medications
  - Multivitamin
    - Vitamin A, C, B12
  - Echinacea for immune
  - Mineralization (calcium, magnesium, potassium, Zinc)
  - Tumeric, Krill, Selenium
  - Glutathione (start low and build up)

- Exercise
  - Walk Ten Times a day at first
    - Then gradual increase as above
    - Fresh air, enjoy nature
  - Epsom Salt Baths, starting two weeks after surgery
  - Meditation and Acupuncture
  - Hyperbaric Oxygen
  - Lymphatic Massage after 4 weeks
Frequently Asked Questions

Why Dr. Stanwix?


Where Does Dr. Stanwix Perform Surgery?

Answer: St. Francis Hospital, The Surgical Center at Virginia Physicians For Women, or Medarva Surgery Centers. All FULLY accredited Centers (AAHC or higher). Board Certified Anesthesiologist Caring for you as well.

Does Dr. Stanwix have hospital privileges?

Answer: YES! Dr. Stanwix has full admitting privileges at ALL Richmond Area Hospitals (VCU is the exception). He has the highest standing with these medical hospitals, the American Society of Plastic Surgeons and the American College of Surgeons.

Does Dr. Stanwix perform En Bloc Surgery?

Answer: Yes! All the time! Dr. Stanwix performs TRUE En Bloc surgeries with meticulous surgical precision for NO cross contamination into your body. He has many examples of En bloc photos, before and after photos to prove his exceptional work and close attention to detail. All foreign and unnatural materials (e.g mesh, Alloderm) and permanent sutures will be removed fully during surgery as well.

How Long is Surgery and What is it like?

Answer: An En Bloc Takes about two and a half hours to perform. It is done underneath the breast fold to minimize harm to your breasts. Dr. Stanwix performs Muscle Repair and does NOT leave any drains (he has advanced techniques where he does not need to leave them). He uses cautery to control bleeding and uses all dissolvable sutures.

Can Dr. Stanwix Take Pictures?

Answer: Dr. Stanwix always takes pictures of the En Bloc and also the implants next to the capsules. He can also take intraoperative surgical photos as requested.

Can I have my implants returned?
Answer: Yes, with certain restrictions (e.g. severely ruptured silicone implants and facility).

When do I have access to my surgical paperwork?

Answer: You will have access to your paperwork at any point during the process. You will have a full preoperative visit to go over the paperwork with Dr. Stanwix and his staff. You will receive a copy of the paperwork. Dr. Stanwix uses standard American Society of Plastic Surgeons (ASPS) operative forms to assure full informed consent. Also, Dr. Stanwix would NEVER have you sign a non-disclosure agreement.

What kinds of medications are used during surgery?

Answer: Surgery is done under general anesthesia. A Board Certified Anesthesiologist will care for you. They will meet you the day of surgery and discuss the medications given (some IV and Inhaled gases, but no Nitrous Oxide). One dose of an antibiotic will be given intravenously just prior to surgery. Dr. Stanwix also will do nerve blocks and local anesthesia with a lidocaine product to limit discomfort afterwards and decrease general anesthesia needs. Irrigation with an antibacterial solution is used also to make sure the breast pocket is cleaned well to rid of harmful microbes. Anti-nausea medication is also given. Dr. Stanwix avoids harmful steroids which can decrease your immune system and impair wound healing.

What is recovery from surgery like?

Answer: You will be walking around, doing gentle normal things around the house, and showering the next day. Gentle aerobic activities by 7-10 days, low weights at the gym by 10-14 days, jogging and swimming by 14 days, and all activities by 4 weeks after surgery. Dr. Stanwix will be guiding you throughout the postoperative process himself and discussing activity limitations.
Examples of some of the many En Bloc Procedures Dr. Stanwix Performs. Notice the Complete removal with NO holes in the capsule to eliminate cross contamination

Examples of Implants next to capsules after En Bloc Procedures (they also had full En Bloc photos with capsules on)