

**Postoperative
Instructions**

BREAST IMPLANT REMOVAL

- **Breast implant removal is an outpatient surgery.**
- **Have someone drive you home after surgery and help you at home for 1-2 days.**
- **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.**
- **If you are taking vitamins with iron, resume these as tolerated.**
- **Do not smoke, as smoking delays healing and increases the risk of complications.**
- **Bring a pillow to pad chest while wearing seatbelt.**

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 weeks.**
- **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.**
- **Always use a strong sun block, if sun exposure is unavoidable (SPF 45 or greater).**
- **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.**
- **Wear your surgical bra 24/7 until your first postoperative visit.**
- **Avoid bras with stays or underwire bras for 6 weeks.**
- **You may pad the incisions with dry gauze for comfort.**
- **Refrain from sleeping on your stomach for 6 weeks.**

What to Expect

- **Expect some drainage onto the steri-strips covering the incisions.**
- **You are likely to feel tired for a few days, but you should be up and around in 3-5 days.**
- **Maximum discomfort will occur in the first few days after surgery.**
- **You may experience some numbness of nipples and operative areas.**
- **You may experience a burning sensation in your nipples for several weeks.**
- **You may experience temporary soreness, tightness, swelling and bruising as well as some discomfort in the incision area.**
- **Your breasts may be sensitive to stimulation for several weeks.**

Appearance

- **Any discoloration or swelling will subside in 4-6 weeks.**
- **It takes 3-6 months for your stretched skin to “snap back” and may not completely shrink back to its original condition.**
- **Scars will be reddened for 6 months. After that, they will gradually fade and soften.**

Follow-Up Care

- **Sutures are dissolvable. They are under your skin and released at the end of each incision. They are clear in appearance and will be trimmed to the skin line in 2-3 weeks.**
- **After 3-6 months healing continue with routine mammograms.**

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; such as, rash, nausea, headache, vomiting.**
- **If you have an oral temperature over 102 degrees Fahrenheit.**
- **If you have any 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.**