

# BREAST IMPLANT EXCHANGE

## Post-Surgical Guide



### INCISIONS

- Your incisions are closed in multiple layers with absorbable sutures.
- The surface is sealed with a medical glue and may have steri-strips covering the incision.
- You will be given a surgical bra that should be worn at all times until instructed otherwise. No underwire bras for 8 weeks.
- If you have slight drainage from your incisions, cover with a Kleenex or gauze pad.
- ABSOLUTELY NO ICE or HEATING PADS to incisions/breasts.

### DRAINS

- Use proper hand hygiene such as a gel sanitizer on hands before caring for drains.
- Twice a day, have your caregiver strip the drain tubing (gently milk the tubing towards the bulb) and record the output using clear measuring cups. Be sure to record each drain separately. Discard drainage in the toilet.
- Bring your drain log to follow-up appointments.
- Call the office for an increase in bright bloody drainage, cloudy drainage, increase in pain, loss of suction (bulb won't stay compressed), leaking around drain exit site, or a clogged bulb.
- If there is an accidental dislodgement of drain, apply a dressing with gauze and call the office.
- Secure drains to clothing with safety pins.
- Your drains will stay in place until they are outputting 20 ml per 24 hours or less. Expect drains to stay in for 1-2 weeks.

### SHOWER

- While drains are in place, sponge bathe with mild soap like Dove - DO NOT SHOWER.
- 48 hours after drains are removed, you may shower daily with mild soap like Dove.
- Use your hand or a clean, soft washcloth. Do not rub the area. Pat dry.
- No soaking in a bath or swimming until cleared by the office. This is typically 4 weeks after surgery.

**Dr. Christine Fisher**

2905 San Gabriel St. Suite 100

Austin, TX 78705

Phone: (512) 815-0123

Fax: (512) 861-6206

After hours: (512) 323-5465

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### ACTIVITY

- Relax, rest, and do light activity within the home only for the first week.
- No twisting or lifting greater than 5-10 lbs for 4-6 weeks.
- No pressure on breasts.
- No laying on side while sleeping for 6 weeks. Wear surgical bra at all times, even while sleeping.
- May elevate arms to shower, but not above shoulders for first 2 weeks.
- Avoid sitting, particularly for prolonged periods during the first 2 weeks.
- You may be instructed in implant massage 2-3 weeks after surgery.

### MEDICATIONS

- Take two Aleve in the morning and two in the evening starting the day after surgery.
- For additional pain control, take prescribed narcotic pain tablets every 4-6 hours as needed.
- Prevent constipation while on narcotics by taking one dose of Miralax daily and one dose of Colace twice daily until you are not taking narcotics and are having regular bowel movements.
- You may be prescribed Singulair 10mg to take daily for 3 months to prevent capsular contracture. If so, begin the day of surgery.
- If prescribed, complete antibiotic course after surgery.

### EMERGENCIES

- **\*\*After hours, call Medlink Paging Service at (512) 323-5465\*\***
- Call the office immediately for:
  - Temperature greater than 101 degrees
  - Significant increase in swelling or one breast more swollen than the other
  - Extreme pain not controlled by pain medication
  - Redness of the breast or pus/yellow/green drainage from incisions
  - Darkened or blackened skin (in excess of normal bruising)

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