

BREAST IMPLANT REMOVAL

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 drain.
- Twice a day, have your caregiver strip the drain tubing (gently milk the tubing towards the bulb) and record the output using clear cups. Be sure to record each drain separately. Discard drainage in the toilet.
- 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.
- Support drains to clothing with safety pins.
- Your drains will stay in place until they are outputting about 20 ml per 24 hours or less. Expect drains to stay in for 1-2 weeks.

SHOWER

- You may shower 48 hours after surgery with mild soap like Dove.
- Use your hand or a clean, soft washcloth. Do not rub the area. Pat dry.
- Care for drain sites: Twice a day, cleanse the area with mild soap and water and pat dry. Apply a pea size amount of bacitracin and cover with a gauze or bandaid.
- No soaking in a bath or swimming until cleared by the office. This is typically 4 weeks after surgery.

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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 4 weeks.
- Avoid sitting, particularly for prolonged periods during the first 2 weeks.

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 a day until no longer taking narcotics and having regular bowel movements.
- 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 significantly 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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