

## POSTOPERATIVE INSTRUCTIONS

### BREAST IMPLANT REMOVAL

#### **Your return home.**

You may eat and drink as you like, depending on your tolerance. Stay well hydrated.

If you feel nauseous or experience vomiting and/or pain, refer to the prescription that was given to you before the surgery and use the appropriate medication

You may experience a painful burning sensation or pressure during the first 24 hours.

You may sleep on your side, but avoid sleeping on your stomach for the first month.

Try to sleep upright in a 45° position for the first 2 days. This will help reduce inflammation and will allow you to get up without using your arms.

After the first 2 days, you may sleep on your side, but avoid sleeping on your stomach for the first month.

You may use your arms depending on your tolerance, but avoid repetitive motions and exertion. Do not lift objects heavier than 15 pounds for the first week.

You may wear the bra of your choice, depending on what is comfortable for you. We suggest avoiding underwire bras for one week, however.

You may notice a small amount of blood on your dressing/bandage in the 12 hours following the surgery. This is normal. The bleeding should stop within approximately 24 hours.

#### **If a drain was placed in your incision site, do not touch your dressing/bandage.**

You may remove your dressing after 48 hours and take a shower normally, gently washing the incision area with a mild cleanser. If you have Steri Strips on your incision, leave them in place. They will fall off on their own in the two weeks following your surgery. It may be useful to place a panty liner inside your bra to absorb discharge and avoid discomfort associated with contact between the incision and your bra.

We recommend taking a short walk around the house (5-10 minutes) every hour to decrease risks of blood clots and pulmonary embolism.

Avoid physical activity and exertion for the next 2 to 3 weeks. After this time, you may gradually restart your exercise routines. Avoid any exercise that is painful.

Avoid exposing bruised regions to the sun until the bruises disappear, and avoid exposing your scars to sun for 1 year.

Avoid using the pool and spa for a period of 3-4 weeks.

For any questions or concerns please do not hesitate to contact us at the clinic during opening hours or on the emergency cell phone number that was given to you.