

POST-SURGERY INSTRUCTIONS: BREAST IMPLANT REMOVAL

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms of breast surgery and signs to watch for following breast implant removal include the following:

Stiffness, swelling and bruising in the chest region: These are normal experiences as the skin, muscles and tissue heal. Pain medication and muscle relaxants will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort. **Consistent sharp pain should be reported to our office immediately.**

Hypersensitivity of nipples or lack of sensitivity: This is normal and will gradually resolve over time.

A mild to severe itchy feeling of the breasts is possible as healing progresses. An antihistamine like Benadryl can help to alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**

A disfigured, sagging breast: This is normal, and can only be corrected following implant removal with revision surgery. Your breast tissues have stretched to accommodate your prior implant. Breast tissues do not have the elasticity to conform to your prior breast size and shape. Wearing compression and your post surgical bra can help, but cannot completely resolve any sagging or disfigurement.

Asymmetry, the breasts look different, or heal differently: Breasts may look or feel quite different from one another in the days following surgery. This is normal. No two breasts in nature or following surgery are perfectly symmetrical, nor will they be following removal of a breast implant in one or both breasts.

A sloshing sound or sensation: Following surgery air can become trapped in the prior implant pocket and fluid may naturally accumulate. This is perfectly normal and will resolve within 2-4 weeks.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **Bruising that is localized to one breast or region of the chest. To alleviate any discomfort, and to reduce swelling, you may apply cool, not cold compresses to the treated region.** Crushed ice or ice packs must be wrapped in a towel before being applied to the skin. Do not apply ice or anything frozen directly to the skin. Apply cool compresses, for no longer than 20-minute intervals.

DAY OF SURGERY INSTRUCTIONS

You will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you, around the clock in the first 24 hours following surgery.

Rest, but not bed rest: While rest is important in the early stages of healing, equally important is that you are ambulatory, meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover.

Recline with your head and chest slightly elevated above your lower body.

Good nutrition: Fluids are critical following surgery. Stick to non-carbonated, non-alcoholic, caffeine-free and green tea-free beverages including fruit juices and water, milk and yogurt drinks. You must consume at least 8 ounces of fluid every 2 hours. Stick with soft, bland, nutritious food for the first 24 hours.

Take all medication, exactly as prescribed: this includes oral pain medication and antibiotics.
You may use an ice pack on your chest to reduce swelling and discomfort. Do not apply ice directly on your skin.

Keep the Ace wrap and dressings on for the first 2 days.

Begin your breast massage when instructed.

Do not smoke. Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery.

Relax. Do not engage in stressful activities. **DO NOT LIFT** anything heavier than a gallon of milk.

TWO TO SEVEN DAYS FOLLOWING SURGERY

During this time you will progress with each day that passes. Ease into your daily activities. You may resume driving once you have stopped taking prescription pain pills. You may return to work whenever you feel comfortable. Ask Dr. Castor if you are unsure about returning to work if your job is too strenuous.

- **You may shower after 48 hours. Remove your ACE wrap, gauze and tape.** Take a warm, not hot shower. Do not take a bath. Limit your shower to 10 minutes. Do not remove any steri-strips which are directly covering the incision. A cotton swab with peroxide is appropriate for cleansing incisions. Do not rub your incisions. You may apply a fragrance free moisturizer to breast and surrounding skin, however not on your incisions. **After showering wear your sports bra 24 hours a day.**
- **Take antibiotic medications as directed.** Take pain medication only as needed. You may wish to switch from prescription pain medication to Tylenol or Advil.
- **Wear your sports bra around the clock.**
- **Do not resume any exercise other than regular walking.** Walking is essential every day to prevent the formation of blood clots.
- **Maintain a healthy diet. DO NOT SMOKE. Do not consume alcohol.**

ONE TO FOUR WEEKS FOLLOWING SURGERY

As you resume your normal daily activities, you must continue proper care and healing.

- **Refrain from weight-bearing exercise, twisting or heavy lifting.** No tennis, golf, softball or other sports with similar swinging motions. Avoid aerobic exercise that may cause a lot of bounce. You may begin range of motion exercises but not with any weight, pressure or resistance of any kind.
- **DO NOT SMOKE.** While incisions may have sealed, smoking deprives your body of necessary oxygen that can result in poorly healed, wide, raised scars.
- **Continue to wear a proper sports bra.** The bra you first wore following surgery may feel somewhat loose. You may replace it, however **no under wires for 6 weeks.** You may sleep without a bra; however a camisole with built-in shelf support can be comfortable and provides added support as you continue to heal.
- **You may sleep flat.** However do not sleep on your stomach. If you are a side sleeper, a soft pillow under your mid-back and shoulders may offer more comfort and support than a single pillow under your head.
- **Practice good sun protection.** Do not expose your breasts to direct sunlight. If you are outdoors, apply at least an SPF 30 to the chest area at least 30 minutes prior to sun exposure. Your chest region and breast skin are highly susceptible to sunburn or the formation or irregular, darkened pigmentation.

SIX WEEKS FOLLOWING SURGERY

Healing will progress and your breasts will settle into a more final shape and position.

- **You may ease into your regular fitness routine.** However realize that your upper body may require some time to return to prior strength.
- **You may resume wearing under wire bras if desired.**
- **Discomfort or tightness and tingling will resolve.** Any lingering nipple sensitivity or lack of sensation should begin to greatly improve.
- **No need to resume smoking.** You have now gone 8 weeks (2 weeks prior to surgery and 6 weeks following) without a cigarette. For your long-term health, there is no need to resume smoking.

YOUR FIRST YEAR

- **Your scars will continue to refine.** If they become raised, red or thickened, or appear to widen, contact our office. Early intervention is important to achieving well-healed scars. Scars are generally refined to fine incision lines one year after surgery.
- **A one-year post surgery follow-up is recommended.** However you may call our office at any time with your concerns or for needed follow-up.

I have read and understand all of the above instructions. I understand that following these instructions is solely my responsibility. I understand that it is also my responsibility to ask Dr. Castor and/or his staff any questions I have related to these instructions or about my procedure, health and healing.