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620 Church Street East
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Breast Implant Exchange

Thank you very much for allowing us to perform your surgery. Please call us at any time if instructions are not clear or issues are not addressed in this instruction sheet.

WHAT TO EXPECT

Mild diffuse swelling. Increased pain with getting up and down. You may have bulb drains - they should have watery pink to red drainage. Your appetite may be decreased. You may have mild temperature elevation. You may have mid-chest pain. Your chest might feel tight from the stretch of the implant.

If you are wearing a breast band after surgery you may remove it to shower the day after surgery. Wear it continuously otherwise. Some patients may not need to wear a breast band depending on how high their implants are sitting.

You may become **constipated** due to the pain medications and should begin a stool softener (i.e. Colace) after surgery. If you have gone several days without a bowel movement and are feeling uncomfortable, you may want to consider using a glycerin suppository or Fleet's enema (available at all drug stores).

WHAT TO DO

Take frequent short walks to help your circulation and to decrease the risk of blood clot formation in the legs. Walking also helps your breathing. Take frequent deep breaths. Drink abundant clear fluids. You may eat solids if you are hungry - light fare at first. Do not take your pain medications on an empty stomach. Eat a light snack, such as crackers, about 30 minutes before you take your medication.

Blot Dressings dry after showering. If the dressings and/or steri-strips come off, dress the wound with antibiotic ointment (Polysporin). **Do not tub bathe until cleared by your doctor to do so.**

RESTRICTIONS

No heavy lifting (>10 lbs), vigorous activity, or straining for three weeks.

WHEN TO CALL

If you develop severe shortness of breath or chest pain – call 911, then notify physician.

If you run a fever or have chills – call our office.

If you have markedly increased pain, bruising, swelling or bloody drainage– call our office.

If you develop leg swelling or pain – call our office.

If you have persistent nausea or vomiting – call our office.

If you are uncertain about a medication or treatment – call our office.

If you are experiencing any adverse symptoms or changes that you do not understand – call our office.

Phone Numbers:

Cool Springs Plastic Surgery Office – 615-771-7718

Dr. Moore's Cell Phone – 615-476-2784

Dr. Sarosiek's Cell- 215-910-1187

*In the event of an emergency, please call, do not text