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## **Breast Implant Removal Postoperative Instructions**

### **Cool Springs Plastic Surgery**

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

#### **WHAT TO EXPECT**

You may shower the day after surgery; blot dressings dry. Do not remove any of the dressings. 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.**

You can expect some drainage on your steri strips covering your incisions. Maximum discomfort will occur in the first few days after surgery; most people are up and around in 3-5 days.

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).

You may experience temporary electrical or tingling feelings in the breast and nipple in the weeks following your surgery. The feeling is similar to the feeling when your "foot wakes up after it has been asleep." This represents nerve healing and is normal. Do not apply ice or heat to surgical sites.

Sutures are dissolvable. They are under your skin and released at the end of each incision. They are clear in appearance and will be trimmed to the skin line at your first postop appointment.

#### **WHAT TO DO**

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.

Refrain from sleeping on your stomach. Sleep elevated on your back until your first postop appointment unless otherwise directed by your doctor.

Do not drive or operate machinery while you are taking your narcotic pain medication. If you are still taking narcotics by the time of your first postop appointment, then have someone drive you to your appointment.



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#### **WHAT TO DO (CONTINUED)**

Do not lift weights more than 10 pounds for 3 weeks. When you are released to exercise always wear a sports bra. You will be released to get your heart rate up at roughly three weeks depending on your personal healing and progression, and then slowly return to your normal exercise regimen. Chest exercises will be the last activities to begin again.

#### **WHEN TO CALL**

If you have a change in nipple color or appearance, or if one breast becomes larger than the other

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 calf 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 – 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