

Removal of Breast Implants

The following instructions will help you know what to expect in the days following your surgery. Do not, however, hesitate to call if you have questions or concerns.

Activities

Sleep in a flexed position with your head and shoulders elevated. Keep pillows under your knees for the first few days. You can resume your normal sleeping position when comfortable.

Driving is prohibited for 1 to 2 weeks. Do not drive while taking pain medications.

Prescription pain medication can cause constipation. You may take an over the counter stool softener (Colace) to help alleviate these symptoms.

Avoid heavy lifting (no more than 5 pounds) and vigorous use of your arms for the first 3 weeks.

Do not engage in sports, aerobics, or vacuuming.

Start arm raising exercises gently within 1 week of surgery or as instructed by your doctor.

Smoking is prohibited for 4 weeks. Smoking interferes with healing.

Diet

Resume a normal diet as tolerated.

Pain Control/Medications

You will receive a prescription for pain medication that can be taken as directed for pain control.

The pain medication may cause constipation and does impair your ability to drive or make important decisions.

Wound Care

You will have some swelling or bruising of the breasts and upper abdomen. This is normal and will lessen over the next 1 to 3 weeks.

You may notice a change in sensation or numbness of the nipple or breast skin. This is common after surgery and should improve gradually over time.

You may get the area wet and shower starting on day 2. After showering, pat the incisions dry.

Any drains may be attached to a belt or cloth strap while showering to prevent pulling.

Drains are usually removed within 5-10 days after surgery, or when drainage is less than 30 cc over a 24-hour period.

Use a gauze pad to protect your clothing from any oozing at the incision sites.

The incisions on your breasts may be red for at least 3 to 6 months. The color will then begin to fade.

A bra should be worn day and night after surgery. The bra should not be tight, have under wires, or have strong elastic.

Follow-up

Call your doctor's office at the first sign of:

Excessive pain associated with pressure of the breast.

Enlargement of the breast area.

Bleeding at the incision.

Redness, drainage or odor from the incisions.

Fever or chills.

Shortness of breath.

Do not hesitate to contact us if you have any questions or concerns

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