

Breast Implant Removal

Remove Wrap the day after surgery at which time you may shower. For the first 3 days, rewrap the ACE bandage starting from the top of the breast/chest wrapping downward to force the breast down into a teardrop shape.

After 3 days, wear a soft cup bra for 4 weeks after your surgery (no sports bra, no underwire). You may re-wrap yourself in ace wrap if it is more comfortable until seen at your first post-operative visit.

If you have increased bright red blood in the drain or your breast is swelling to the point that it looks like you still have an implant, call the office immediately.

No heavy lifting for 4 weeks after surgery (less than 10lbs per hand). Do not forcefully lift yourself from a sitting or laying position. You may resume normal light activities in 1 week. Avoid vigorous activities (running, jogging, crossfit, yoga, etc) for 4 weeks.

Do not place ice or heating pads on breasts for the first 3 days if you also had a mastopexy.

Tightness in the chest region and stiffness: Tingling, burning, or intermittent shooting pain. These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication 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.

Shiny skin or any itchy feeling: Swelling can cause the breast skin to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling of the breasts. 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.**

Do not smoke for at least 30 days following surgery. **Do not drink alcohol** while taking prescription medications.

Do not drive for at least 2 days following surgery or while taking prescription pain medications.

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

A severely misshapen breast or bruising that is localized to one breast or region of the chest