

## Post-Operative Instructions: Breast Implant Removal

### Instructions

Do not drive or operate heavy machinery for at least 24 hours after your procedure, or for as long as you take prescription pain medication. Do not make any important decisions, either, as the medications may interfere with your judgment.

Drainage is possible for up to 36 hours after the procedure. Excessive bleeding is not normal: **Notify the office immediately if this occurs.**

Severe pain not controlled with prescription medication is not normal, either, especially if localized to one area. **Please notify the office immediately** if your temperature rises above 101.0° F.

Sleep with your head elevated to reduce swelling for 1 week. We recommend using a recliner or 2-3 pillows.

After 48 hours, you can remove the wrap to shower, and then put it back on. You should wear this for a week for 24 hours and at night 1 week after the procedure.

No heavy lifting, bending over or straining for 1 week. Light walking is okay, but wait 1 week for exercise or brisk walking.

No alcohol for 1 week. No smoking for at least 2 weeks; total smoking cessation is preferable. Nicotine gum or other nicotine-containing products can also interfere with healing.

No upper body exercising for three to four weeks.

Asymmetric or uneven appearance is common; give it time as you are still healing. You may look “overdone,” but this is normal for this early period. It will settle down over the next week or two.

After a 2 week you are able to massage the area to help dissolve the scar tissue.