

DISCHARGE INSTRUCTIONS AFTER IMPLANT REMOVAL
WITH OR WITHOUT CAPSULECTOMY

- If you have steri-strips, please leave these on until they are dangling by a thread.
- You may shower 48 hours after your surgery. The stitches can get wet so just pat them dry. However, if you have an ace wrap, leave this on until your first post-op visit unless otherwise directed. You may shower after we have removed it.
- You may drive when you are no longer taking pain medication and feel comfortable enough to do so. Do not do any strenuous arm exercises for 4 weeks after your surgery. You may do limited lower body exercises when you feel up to it (e.g. walking, treadmill, Stairmaster) but **not** if it tends to make your upper body bounce (e.g. jogging, aerobics). Please wait a full 2 weeks before any strenuous exercises as you could bleed. I will guide you with your exercise limitations.
- If you have simply had your implant removed, you should have an easy recovery (several days). If you have had a capsulectomy or removal of the pocket surrounding the implant you may need a drain. **Please see those directions**, and your recovery will be slower, (SEVERAL WEEKS).
- Please call the office immediately if your breast skin starts to turn warm, red, tender or otherwise shows signs of infection.
- Please try to minimize your intake of narcotics, as they are, nauseating, constipating, and addictive.
- Please have over-the-counter laxatives at home in case they are needed.
- Please do not take any medication on an empty stomach.
- Please avoid aspirin substances or any of the medications listed on your pre-op sheet for 2 weeks after your surgery as this will increase your risk of bruising and poor healing.
- Please do not apply any creams or lotions to your incisions until cleared by the doctor.
- The best way for you to heal faster and feel better sooner is to walk every day as soon as you can. You can rest afterwards, but walking will keep you from losing muscle mass, prevent clots in your legs and bring your energy level back sooner. I will restrict you from aerobic exercise, but walking is advised.
- **Smoking dramatically increases your risk of infection, poor healing and bad scarring. Please refrain from smoking for 1 month before and after surgery.**

PLEASE FEEL FREE TO EMAIL DR. BLANCHET IF YOU HAVE QUESTIONS OR CONCERNS. IF YOUR CONCERN IS URGENT, PLEASE CALL THE OFFICE (804-320-8545. IN A TRUE EMERGENCY, PLEASE CALL 911.

NADIA P. BLANCHET, M.D.
PLASTIC & RECONSTRUCTIVE SURGERY

(804) 320-8545

PATIENT'S SIGNATURE

DATE

CAREGIVER'S SIGNATURE

DATE