

**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.**  
Please buy Silicone Scar tape from Amazon.com to replace Steri-strips when they fall off.
- 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. 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 look at these directions**, and your recovery will be slower, (SEVERAL WEEKS).
- Please call the office immediately if the skin of your breast 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, IBUPROFEN, 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.
- **Smokers heal poorly in terms of infection and wound breakdown, and you are advised not to smoke, vape, or use nicotine replacements for 6 weeks prior to and after your surgery. Nicotine screening may be necessary the day of surgery. IF THE TEST IS POSITIVE, YOUR SURGERY WILL BE CANCELED.**

**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.**

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PATIENT'S SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
CAREGIVER'S SIGNATURE

\_\_\_\_\_  
DATE

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