

### **Breast Implant/Tissue Expander Removal with Capsulectomy Post-Operative Care**

- Schedule your post-op appointment 7-10 days after the procedure.
- After surgery, take your medications as prescribed. Having some pain and soreness is normal, but if you have any concerns please call the office.
- You may remove the surgical bra and change any gauze the day after surgery, it is normal to see a small amount of bleeding.
- The steri-strips are the thin bandages covering your incisions, this protects the surgical site and they will remain stuck on for a few weeks, we will replace any that have fallen off for you when you come into the office.
- You may shower 2 days after surgery; stand with your back to the shower spray and let the water and soap gently run over the entire surgical site and pat the steri-strips covering your incisions dry.
- If you experience some bloody discharge, cleanse the area normally with saline and hydrogen peroxide, and apply bacitracin or Neosporin with gauze (or maxi-pad) if needed.
- You may wear whatever bra you want to wear as long as there is no underwiring (after 4 weeks underwire bras are ok).
- For the first week, sleep on your back slightly elevated with 3-4 pillows.
- We encourage you to walk as much as possible after surgery, light exercise such as walking on a treadmill and stationary bike are ok.
- Avoid submerging yourself in pools, ocean, and hot tub the first three weeks.
- Avoid strenuous exercise and jogging/running during the first month. After the first month there are no restrictions as long as you are healing normally.
- We will review additional post-operative care and restrictions with you at your post-operative and follow-up appointments.
- If you have a fever, or any new unusual redness/swelling/discharge, please call the office at 201-289-5551.