



Breast Implant Removal Post Operative Instructions

- 1. Please take your pain medication as directed. You may not have a lot of pain after your procedure however you should take your pain medication as directed because the local anesthetic Dr. Pearce gives in the operating room will eventually wear off and you will not want to be behind on your pain medication when it does wear off.**
 - a. Some pain/discomfort is expected after this procedure.**
- 2. Wear your surgical bra night and day for the next 2 weeks.**
 - a. You may wear a sports bra if that is more comfortable for you as long as it provides some compression of your chest area.**
- 3. Sleep on your back with your head elevated on 3 to 4 pillows for the next 1 to 2 weeks.**
 - a. You may also sleep in a recliner if that is more comfortable for you.**
- 4. No lifting more than 5 lbs for 7 days post op and no more than 10lbs for 4 to 6 weeks after your procedure.**
 - a. If your implants were under your muscle and Dr. Pearce had to re-attach your muscle back to its normal position you will need to allow time for your muscle to readjust to it's new position.**
- 5. Leave glue or steri-strips on until they fall off.**
- 6. You may shower starting Post Op day number 2. No swimming or baths for 2 weeks or until drains are removed.**
- 7. If you have drains, please record a daily drain out put for both left and right drains and bring this to your first follow up appointment with Dr. Pearce.**
 - a. Drains typically can be considered for removal if putting out less than 30 cc per day.**

- 8. Your breasts may appear droopy and deflated. The appearance of them will change over time however they are unlikely to look like your breasts before implants because implants stretch your skin and thin out your breast tissue.**
 - a. If you are not satisfied with the appearance of your breasts after 6 months to a year after your implant removal surgery, we can discuss options to address your concerns in the office.**
- 9. When to call Dr. Pearce**
 - a. If you have any concerns about your wounds or breasts after surgery.**
 - b. If one breast suddenly becomes rapidly enlarged, firm and tender to the touch.**
 - c. If your incision has a large area of redness around it.**
 - d. If your incision breaks down and is open after your procedure.**
 - e. If you have a recorded oral temperature of 101F or higher**
 - f. If your pain medication is not effectively controlling your pain.**
 - g. Persistent Nausea/vomiting**
 - h. Drain output of more than 400 cc of bloody drainage over the course of 1 to 2 hours (normal drainage is the appearance of red koolaid, sometimes a little thicker)**
- 10. Please call the office to schedule your follow up visit 7 to 10 days after your day of surgery.**
 - a. Please call 512-764-9076**
 - b. Please call the office at 512-764-9076 for any non-emergent questions or concerns.**
 - c. For any emergent concerns please call 911**