

# PLASTIC SURGICAL ARTS

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## **INSTRUCTIONS FOLLOWING BREAST IMPLANT EXCHANGE**

### **PAIN CONTROL:**

- Take your pain medication, as instructed, until your pain lessens.
- Always take your medication with food in your stomach.
- Do not drive or operate equipment while on your pain medication.
- Someone needs to stay with you the first night home after surgery.

### **DRESSING CARE:**

- The day following your surgery, you may remove the bandages over your incision, but leave the steri-strips (the white strips on the skin) in place until removed by your surgeon.
- You may then shower, but make sure someone is with you the first time. If the dressings stick to the incision, you may remove them while showering. Use soap in the shower and let the water run over the breast area. You can face into the water if you would like. Following your shower, pat the breasts dry with a clean towel.
- Place dressing over incision and put on a soft bra. You can use the hospital provided bra or anything that feels comfortable to you. Do not use anything that lifts the breast.
- When you become more active after the first few days to a week, you may want to wear a sports bra that is not too tight on the underside of the breast.
- Your suture will appear as black whiskers on each side of your incision. PLEASE DO NOT trim or cut these sutures. Do NOT use any lotions or creams on your incisions until OK'd by your physician.

### **CONTACT YOUR PHYSICIAN (402.483.2572) IF ANY OF THE FOLLOWING OCCUR:**

- Initially, your breasts will be swollen: One breast may be slightly more swollen than the other or may be more painful. If you experience significantly more pain or swelling in one breast than the other, please call our office and talk with the clinical staff or physician on call.
- If you are running a fever of greater than 101 degrees F or more, have redness or drainage from either breast, please call our office.

### **ACTIVITY:**

- After your first day at home, you may begin to exercise by walking short distances and increasing this activity each day. You can and should move your arms, but do not lift your hands above the top of your head or lift your elbow higher than your shoulder until your first follow-up appointment. It is ok to lift your arms to wash your hair in the shower or grab something at eye level from a cupboard.

### **EXERCISES:**

- Following your suture removal, you will be instructed on breast massage exercises to keep the breasts soft and prevent firmness. Do not start this until instructed by your physician. These exercises can be done first thing in the morning or before you go to bed at night. Fit this activity into your schedule, as it will help keep your breasts soft.
- Your breasts will be swollen and firm the first few weeks. The implants will require time to position themselves into the pocket and take on a more natural appearance.

**DRAIN CARE:**

- You may or may not have drains depending on the extent of the surgery.
- Keep track of drain output per drain for 24 hour timeframes.
- Empty the drains as needed to keep the bulbs compressed.
- Keep the drain tubing from kinking to allow continuous drainage.
- Contact the office when the drain outputs are less than 30 ml for 24 hours for potential removal.