

Breast Implant Removal – Post Operative Instructions

Medications

- Please refer to your medication instruction guide for further details.

Activity Guidelines

- Walk early and frequently to promote circulation. Walk for 10 minutes every hour.
- Avoid strenuous activity/exercise and keep heart rate below 100 bpm for 6 weeks.
- Avoid lifting more than 10 pounds for the recommended recovery period.

Diet

- Begin with clear liquids and advance to a light diet as tolerated.
- Resume a normal high-protein diet as advised.

Incision Care

- Keep incisions clean and dry. Wash with soap and water. Towel dry. Cover with ABD pad and apply bra.
- You can shower 48 hours after surgery.
- Steri-strips should remain in place until they fall off or are removed in the office.
- Avoid direct sun exposure to incisions for at least 6 months.

When to Call the Office

- Fever greater than 101°F.
- Severe or increasing pain not relieved by medication.
- Sudden asymmetrical swelling.
- Redness, warmth, drainage, or signs of infection.

Drain Care

- If drains are placed, record output as instructed.
- Drains are typically removed once output decreases appropriately.

Support Garment

- Wear supportive bra continuously during the initial recovery period for 4 weeks.

Arm Movement

- Limit arm activity for the first 48 hours.
- Sleep with a few pillows to reduce swelling.

Expected Recovery

- Swelling and contour changes are expected as tissues adjust.
- Final breast shape may take several months to stabilize.

- You can drive and return to work in 1 week. You can take road trips in 2 weeks and fly in 4 weeks.