

BREAST IMPLANT EXCHANGE POSTOPERATIVE CARE

POST-OP: Your first post- op visit will be 1 week after surgery and you will be seen by our Medical Assistant. You may encounter Moderate swelling of the breasts and abdomen, bruising around the breasts. No intercourse for a minimum of 3 weeks.

DIET: Clear liquids or a soft bland diet is recommended the first night home(i.e. bullion, apple juice, crackers, and jell-o). If you are able to tolerate a bland diet you may resume a normal diet.

ACTIVITY: Minimal activities for the first 5 days after surgery. Do not raise your arms above your shoulders for the first 10 days. After 2 weeks, full range of motion with your arms is permissible, but lifting is restricted to 10 pounds or less for 6 weeks. Approximately 6-8 weeks post op strenuous activity will be allowed.

HYGIENE: Keep incisions clean and dry for 48 hours. On 3 rd day after surgery you may shower with your back facing the water. Bra, and gauze may be removed but tape (steri-strips) directly over incision must stay on until your 1 week appointment.

DRESSING: Bra, and gauze may be removed but tape (steri-strips) directly over incision must stay on until your 1 week appointment.

CLOTHING: For ease in changing clothes without discomfort, wear loose sporting or jogging type clothing that fastens in the front for the first few days and on the day of surgery.

MEDICATION: Be sure to take your medications as prescribed. Please note first 3-5 days are the toughest. Swelling and discomfort gradually increase over the first 3 days and then will gradually subside. Don't be alarmed if things feel worse before they get better (for example, day 2 you might feel better than day 4 - that's normal).

PROBLEMS: If you have any problems or questions following surgery, please call Elsa at (713) 489-1630 or email Elsa@drcourtney.com

Print Name:

Signature:

Date Received: