



C O U R T N E Y
P L A S T I C S U R G E R Y

EXPLANT

SCHEDULE Your first follow up appointments will be 1-week post-op, 1 month, 3 months, and yearly after that. (This may vary for some patients.)

ACTIVITY Take it easy for the first few days following surgery. Avoid all exercise and aerobic activities which elevate your heart rate for the first two weeks. You may resume light activities at your discretion.

MEDICATIONS Do not take any of your medications on an empty stomach and take as prescribed. All pain and anxiety medications should be spaced out by 2-3 hours. Remember not to take any Aspirin containing medications.

BRA After surgery you will be wrapped in an ace bandage which you should keep on for the first 24-36 hours. Once you remove the bandaging you can transition into the sports bra that was provided to you. Comfortable, soft banded, compression sports bras will help with shrinking and tightening of skin.

INCISION You will have steri-strips over your incisions that you will remove 2 weeks post-op. We will go over this in detail at your one-week follow-up. All sutures are internal and dissolvable. Inspect daily for any visible signs of infection. Light bleeding from the incisions is normal. You may start using Biocorneum Scar Therapy after tapes are removed. It takes all incisions about a year to mature. No sun exposure for 12 months.

BATHING You may shower 24 hours after surgery. Shower with your back towards the water head to avoid pressure hitting directly on breasts and to keep incisions as dry as possible. It is OK if incisions get a little damp. No submerging in any water for 4 weeks and only as long as there are no wound healing delays.

WHAT TO EXPECT A mild amount of discomfort is to be expected. This will improve daily. Do not use any hot or cold compresses. You may experience sharp pains, nerve tingling, or burning sensations.

CONCERNS Look out for excessive swelling (one breast significantly larger than other), severe/dark bruising, redness, fevers over 100.5, pain not controlled with medications, excessive bleeding from incisions that is not controlled with light pressure. Don't hesitate to call our office if in doubt.

SLEEP Head above heart for the first 2 weeks. No side or tummy sleeping for 6 weeks.