**Breast Implant Removal** – Pre- and Post-Operative Instructions

### **Please Read First**

The information on this page provides a condensed overview of key preparation and recovery guidelines for breast implant removal surgery. For complete instructions—including specific timelines, medication guidance, and aftercare protocols—please download the full Pre-Operative and Post-Operative instruction documents below. These serve as your primary reference for a safe and supported recovery.

### **What to Expect**

Breast implant removal is typically performed under general anesthesia as an outpatient procedure. Some patients may go home with surgical drains, and a supportive bra or compression garment may be recommended post-operatively. Recovery varies depending on factors such as native breast tissue, prior surgeries, and whether a lift or fat transfer is performed in combination.

### **Key Pre-Operative Guidelines (Summary)**

**Fasting:** No food or drink (including water, mints, or gum) for 8 hours prior to surgery.

**Transportation:** A responsible adult must drive you home and stay with you for at least 1–2 days. Rideshare services are not permitted.

**Medications:** Discontinue aspirin, NSAIDs, and blood-thinning supplements as directed (typically 2–3 weeks prior). Follow all medication guidance provided during your pre-operative appointment.

**Lifestyle Adjustments:** Cease smoking and limit alcohol intake in the weeks leading up to surgery. These steps reduce complications and support healing.

**Day of Surgery:**

* Shower the night before or morning of surgery.
* Do not apply lotions, perfumes, or skincare products.
* Remove all jewelry, including piercings.
* Wear loose, front-opening clothing (no pullovers).
* If you choose to shave near the surgical area, do so at least 3 days before surgery to minimize infection risk.

### **Key Post-Operative Guidelines (Summary)**

**Pain Management:** Use Tylenol (acetaminophen) as directed. Narcotic pain medication and anti-nausea medication may also be prescribed. Stool softeners and laxatives should be started with your first narcotic dose to prevent constipation.

**Antibiotics:** Take the full course as prescribed, even if symptoms improve.

**Mobility:** Begin gentle walking the day after surgery to promote circulation and reduce the risk of blood clots.

**Lifting & Activity:** Avoid lifting over 5 lbs and any strenuous activity for at least 1–2 weeks. Light exercise may be resumed gradually, based on your surgeon’s instructions.

**Sleep Position:** Sleep on your back with your head slightly elevated for at least one week post-surgery.

**Showering:** You may shower the day after surgery. Your incisions are sealed with surgical glue and covered with waterproof dressings unless instructed otherwise.

**Support Garments:** A compression bra or non-underwire bralette may be recommended. Follow your surgeon’s guidance at your first follow-up appointment.

**Sensory Changes:** Temporary numbness, tingling, or changes in sensation near the chest or underarms are normal and typically improve with time.

**Bruising & Swelling:** Bruising may last 2–3 weeks and swelling will gradually resolve over several weeks. Crackling or sloshing sounds are also common in the first week and should subside.

**Skin & Contour Changes:** You may notice visible skin laxity, asymmetry, or a flattened appearance post-removal. These outcomes depend on your natural tissue and whether additional procedures were performed.

## **Follow-Up and Support**

* **Urgent Concerns:** Contact our office if you experience significant redness, warmth, drainage, fever over 101°F, or persistent pain unrelieved by medication.
* **Emergency Situations:** For difficulty breathing or chest pain, call 911 or go to the nearest emergency room.
* **Ongoing Communication:**
  + For non-urgent questions, please email clinicalrn@drshimching.com.
  + For urgent matters, contact the office directly from 9am - 5pm @ (808) 585-8855 or
  + For urgent matters that occur after-hours, please use the physician exchange @ (808) 524-2575.
* **Appointments:** Follow-up visits are essential to ensure proper healing and address any concerns. Attend all scheduled appointments unless advised otherwise.

## **Download Complete Instructions**

For full details on medication guidelines, wound care, return to activity, and recovery milestones, please download both documents below:

* [**Download Breast Implant Removal Pre & Post-Operative Instructions (PDF)**]

### **Optional Supplies**

You may consider the following items to support your recovery:

* Compression bra or wireless bralette
* Tylenol (acetaminophen)
* Waterproof dressings (if advised post-operatively)