Capsulectomy – Pre- and Post-Operative Instructions

#### **Please Read First**

The information on this page provides a condensed overview of key preparation and recovery guidelines for capsulectomy surgery. For complete instructions—including specific timelines, medication details, 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 successful recovery.

### **What to Expect**

Capsulectomy is typically performed under general anesthesia and involves the removal of the scar tissue (capsule) that forms around a breast implant. Recovery time varies, but patients should expect some discomfort, swelling, and limitations on arm movement during the early stages of healing.

### **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 remain with you overnight. Rideshare services are not permitted.
 **Medications:** Discontinue aspirin, NSAIDs, and blood-thinning supplements as directed (typically 2–3 weeks prior).
 **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, deodorant, or makeup.
* Wear loose, front-opening clothing.

**Suggested Supplies:**

* Tylenol (acetaminophen)
* Non-underwire bra
* Scar gel (optional, such as Skinuva)

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

**Pain Management:** Use Tylenol (acetaminophen) as directed. Narcotic pain medication and anti-nausea medication may be prescribed.
 **Antibiotics:** Complete the full course, even if symptoms improve.
 **Mobility:** Begin light walking the day after surgery to support circulation and reduce the risk of blood clots.
 **Arm Movement:** Avoid lifting over 5 lbs and limit arm use to essential daily activities for the first 4–6 weeks.
 **Support Garments:** Wear a soft, non-underwire bra continuously for 4–6 weeks post-op.
 **Sleep Position:** Sleep on your back with your head elevated using 2–3 pillows for at least one week.
 **Showering:** You may resume showering the day after surgery unless otherwise instructed. Do not submerge the incision in water until fully healed.
 **Drain Care (if applicable):** If JP drains are placed, follow your home care instructions closely.

### **Recovery Expectations**

**Swelling & Bruising:** Expected and typically resolves within a few weeks.
 **Discomfort:** Pain, pressure, or tightness is common, especially in the upper chest.
 **Sensory Changes:** Temporary numbness or tingling may occur and usually resolves over time.
 **Fatigue:** Feeling tired during the first week of recovery is common and will gradually improve.

### **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 at (808) 585-8855.
	+ For urgent matters that occur after hours, please use the physician exchange at (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, activity precautions, wound care, and drain management, please download the document below:

 **[Download Capsulectomy Pre & Post-Operative Instructions (PDF)]**