Capsulorrhaphy – Pre- and Post-Operative Instructions

#### **Please Read First**

The information on this page provides a condensed overview of key preparation and recovery guidelines for capsulorrhaphy 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**

Capsulorrhaphy is a procedure that reinforces the internal breast pocket to correct implant malposition. It can be performed under local or general anesthesia, depending on the complexity of the repair. Recovery typically involves swelling, soreness, and temporary restrictions on upper body movement. Full healing may take several weeks to months.

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

**Anesthesia Options:**

* **General Anesthesia:** No food or drink (including water, mints, or gum) for 8 hours prior. A responsible adult must drive you home and stay with you for at least 1–2 days.
* **Local Anesthesia Only:** No fasting required. You may drive yourself home.
* **Local Anesthesia with Sedation:** No food or drink for 3 hours prior. You must arrange a ride home.

**Medications:** Discontinue aspirin, NSAIDs, and blood-thinning supplements as directed (typically 2–3 weeks prior).  
 **Lifestyle Adjustments:** Cease smoking at least 4 weeks before surgery and limit alcohol for at least 2 weeks prior.

**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)
* Underwire bra or breast strap (if provided)
* 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 gentle walking the day of surgery to promote circulation.  
 **Arm Movement:** Avoid strenuous upper body movements. Do not lift over 5 lbs.  
 **Support Garments:** Wear the provided underwire bra or breast strap continuously as directed by your surgeon.  
 **Sleep Position:** Sleep on your back with your head elevated (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.  
 **Exercise:** Avoid activities that engage the pectoral muscles for at least 2 months.

### **Recovery Expectations**

**Swelling & Bruising:** Common and usually improves within a few weeks.  
 **Incision Care:** Keep incisions clean and dry. No special care is needed unless instructed.  
 **Stitches:** All sutures are dissolvable.  
 **Final Results:** Continue to improve over several months as tissue adjusts and swelling subsides.

### **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 anesthesia guidelines, post-op garment use, wound care, and recovery milestones, please download the document below:

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