

## **AFTER YOUR CAPSULECTOMY WITH IMPLANT REMOVAL SURGERY**

- Your breasts will be wrapped in gauze that is covered with an ace bandage. If the ace bandage feels too tight, you may loosen it so that it is comfortable. Do not remove dressings until instructed by surgeon.
- All stitches are absorbable and will not have to be removed. There will be brown hypoallergenic sterile tapes covering your incisions. **Do not apply heat or cold to surgery sites.**
- You may have a drain coming through the incision on each side to remove the blood and fluid that accumulates after surgery. Please read the accompanying drain care instruction sheet for information on emptying and recording your drainage. You may not shower with the drains in place. Tub baths are permitted as long as the dressing stays dry. Drains typically remain in place for 3-10 days.
- Take your antibiotics and pain medications as directed. You must remain on antibiotics for as long as drains are in place.
- You may resume your normal diet as tolerated. If you experience nausea, limit your first meal to liquids, such as soup or juice. Use your anti-nausea medications as needed.
- Your activity is limited to walking for the first 2-4 weeks post-operatively. You may climb stairs if necessary.
- Your drains will be removed 3-10 days after surgery. The total drainage must be 30 cc in a 24- hour period for 2 days. Please call the office to make your appointment when your drainage reaches this amount. Bring your drain record with you to your office visit.
- After your drains are removed, you will need to cover the drain sites with antibiotic ointment, gauze and tape that may be purchased at any pharmacy.
- Dressings are to be changed and sites cleaned twice daily or as often as needed for the next 3 days after drain removal.
- You may shower 24 hours after your drains are removed. Shower with your back to the water and pat the brown tapes dry before putting your bra back on. If the tapes are still damp, you may use a hair dryer to dry them.
- A support bra provided by the surgery center will be placed on you at your first post-operative visit. You may switch to a front zip sports bra if that is more comfortable. Additional bras may be purchased through Marena Comfort Wear (1-888-462-7362). Wear your surgery bra, or a similar type of sports bra, 24/7 for 6 weeks post-operatively.
- You will need to be seen 2 weeks after surgery to remove your brown tapes. Once the tapes are removed, clean the incisions twice daily with peroxide or alcohol and apply healing ointment that may be purchased at our office. You may, alternatively, use antibiotic ointment but we have found that a large number of patients develop rashes with antibiotic ointment, so we prefer our healing ointment.
- A topical silicone gel scar cream, available for purchase in our office, may be started 6 weeks after surgery. You will need to be seen 6 weeks and 12 weeks after surgery to assess healing.
- Do not lift any object heavier than 5 pounds for 6 weeks. Avoid gym, work-out activities, and all sports for 6 weeks. After 6 weeks, you may gradually return to all strengthening and impact activities. Sexual activity may be resumed after 2 weeks. You may walk for as much as possible for the 6 weeks after surgery.

- You may not smoke or be in the company of second-hand smoke for 6 weeks after surgery.
- You may not get into a hot tub, pool, lake, river or ocean for at least 6-8 weeks.
- Over time, post-surgical swelling will resolve, and incision lines will fade. Final shape, size, and scarring may take 1-2 years.
- A repeat mammogram is recommended 6 months after surgery for a new baseline examination.

***Marisa Lawrence MD***

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