



## Facial, Plastic & Reconstructive Surgery

### **Breast Implant Removal Post-Operative Instructions**

**Please follow the General Instructions provided. In Addition:**

#### **General Instructions**

- Keep the dressing clean and dry. Do not disturb it for the first two days.
- Remove all dressings except steri-strips 48 hours after surgery. You may shower once the dressings are removed.
- Wear the bra provided 24 hours a day for the first two weeks. You can remove it for showering or laundering. After two weeks, any supportive bra is fine.
- Apply ice to the underarm and chest area intermittently during the first 48 hours after surgery. Do not ice the nipples or incisions.
- Elevate your head and shoulders with two to three pillows while resting or sleeping.
- Avoid underwire bras for six weeks.

#### **Drains**

- Drains, if placed, will remain in place until your drainage output is less than 30 milliliters for two consecutive days.
- Use the log provided to track your drainage output and bring it to your post-operative visits.

#### **Sutures**

- Your sutures are dissolvable.

#### **Showering**

- Shower two days after surgery, then daily. Have an adult with you for the first shower for safety.
- Remove garments and outer bandages before showering. Leave steri-strips in place.
- Use soap and water as normal, but do not let water beat directly on your incisions. Rinse well and pat dry.
- Do not soak in a bathtub until your surgeon gives the OK.
- Apply light bandages after the first two to three showers. You do not need to cover your incisions after a few days if there is no drainage, but you may if it is more comfortable.
- Apply antibiotic ointment to drain sites twice daily.