

DISCHARGE INSTRUCTIONS FOLLOWING PLACEMENT OF IMPLANTS

1. Immediate Postoperative Recovery (What to expect...)

- ❖ On waking from anesthesia, you will find yourself in the recovery room with dressings and/or bra in place
- ❖ You will be able to depart once sufficiently recovered from anesthesia
- ❖ A friend or family member should drive you home and stay with you for the next 2 days to help you with activities of daily living
- ❖ You will feel tired and run down for the first several days after general anesthesia, this will improve substantially over the first week
- ❖ Discharge should be minimal over the next 48 hours; bleeding may occur with excessive activity
- ❖ If dilute local solution was used (super-wet or tumescent technique) pain and discomfort will be mild initially, it will increase and peak within two days, it will then subside over the course of one to two weeks, please use pain medication as needed to help
- ❖ Nausea and vomiting in the postoperative period is not uncommon and has to do with the type of anesthesia used, and overall patient sensitivity to the various medications, it generally resolves within 1 to two days after surgery, increasing fluid intake, especially via one of the “ade” (gatorade, powerade, etc.) solutions available for sports use, DO NOT INGEST THESE IF YOU ARE DIABETIC, combined with anti-emetic medication should minimize this problem
- ❖ Use of opiate pain medication, combined with inactivity, and dehydration may lead to constipation, increasing fluid intake will help this as well, especially in combination with walking, and the use of the prescribed stool softener
- ❖ Swelling and bruising peak within three days of surgery and gradually subside over the following week
- ❖ Healing incisions will adopt a pinkish hue which should gradually fade over the next six months to a year
- ❖ Some patients react to absorbable (inside) suture, small pustules or whiteheads along the incision may signal this, the suture may be removed in the office if the problems becomes bothersome
- ❖ Numbness may affect the breast skin, and/or the nipple, most commonly this involves the lower pole of the breast skin, and resolves on its own within six months

2. Medications

- ❖ When prescribed, antibiotics are extremely important to take as directed for proper blood levels and effect
- ❖ Anti-emetic (nausea), analgesic (pain), a sleeping aid, and a stool softener may be prescribed, please take as directed
- ❖ You may SUBSTITUTE Tylenol for the prescribed medication, but DO NOT COMBINE it, the pain pills are a combination of narcotic and tylenol, excessive Tylenol may be hazardous to your liver

- ❖ Make sure to eat with your pain medication to avoid nausea, even Jello or applesauce is better than taking on an empty stomach
- ❖ Do not drink alcohol while using the prescribed medicines for at least two weeks until after surgery
 - i. there are dangerous interactions between alcohol and pain, nausea, and insomnia medication
 - ii. the antibiotic may be rendered useless
 - iii. alcohol also exacerbates fluid retention
 - iv. the fresh incision may be disrupted while impaired

3. **Activity (Rest, Limitations & Exercise)**

- ❖ **DO NOT** drive a car or engage in activities that depend on your coordination for 48 hours after your surgery, or after taking any of the pain, nausea or insomnia medications prescribed
- ❖ Walking and getting about is highly encouraged for multiple reasons, including a decrease in the incidence of clot formation in the veins of your legs, have someone with you for the first 24 hours to monitor and help you get about as necessary
- ❖ When resting/sleeping, lie on your back with several pillows under your head and back, or place a pillow or rolled blanket under the head of your mattress, this will decrease swelling, **sleep on your back for the first two weeks**
- ❖ You may sleep on your side 2 weeks after surgery, and in any manner 4 weeks after surgery
- ❖ **DO NOT** use your arms in strenuous activity such as vacuuming, pushing yourself up in bed, and pushing yourself up from sitting position for approximately 1 week
- ❖ Move around gently. Use arms softly and slowly (to brush your hair, feed yourself, etc.) Use leg muscles for getting up and down.
- ❖ For the first week, avoid activities that raise your blood pressure such as heavy manual labor, repeated heavy lifting, strenuous exercise, or bending over
- ❖ Plan to be away from work for one week, assuming your post-operative course is uncomplicated
- ❖ **AFTER** 1 week you may engage in light exercise only, such as walking
- ❖ **NO HEAVY** lifting (10 lbs or more) for 4 weeks
- ❖ Stay cool, no sweating.
- ❖ If weight training refrain from upper body work for six weeks (substantial capsule formation), otherwise contraction of the pectoralis will push the implant up, changing the position of the final pocket to a more superior and less favorable position
- ❖ No smoking, no nicotine substitute (patches, chewing tobacco, etc.) use, no exposure to second hand smoke for at least 6 weeks after surgery, smoking will decrease blood and oxygen flow to healing tissues and can
 - i. cause loss (death) of skin, fat, and muscle in the operated field, especially along the incisions
 - ii. slow down healing to double of normal time
 - iii. worsen scar appearance on the outside
 - iv. lead to a tough, fibrous scar on the inside

- v. increase the risk of fluid pockets

4. **Incision Care & Bra Application**

- ❖ After surgery you will be placed in the bra that you were asked to bring, possibly with an ace wrap above it or a velcro strap
- ❖ If the ace or velcro strap is present, it was applied to control pocket position in cases where implant position was made submuscular and the muscle was not entirely divided at its lower edge, this means that the ace wrap must be re-applied exactly the way you were instructed
- ❖ Any wrap along with the dressing, will removed for the first time 24-48 hours after surgery, in the office
- ❖ After the initial dressing change, dressings should be changed twice a day in the following manner:
 - Remove old dressing and wash or shower as described below
 - After drying, apply new dressing; ABDs or Maxipad type pad followed by bra, then ace or velcro if indicated
 - If implant position needs to be adjusted, you will be asked to apply a Velcro or ace wrap and instructed how to do so
 - When the edges of the ster-strips become frayed trim them
 - With time, as very little is left behind, they may be removed (usually 2-4 weeks)
- ❖ It is not routine to have drains placed at the time of surgery, however, at times, if bleeding is diffuse, and cannot be addressed via surgical maneuvers (clipping, suturing, tying) it may be safer to leave behind a drain in attempting to prevent a hematoma (blood collection), if present, the drains will be removed within one to three days
- ❖ Wear a soft comfortable bra for the first 14 days after surgery
- ❖ Four weeks after surgery you may purchase any type of bra you wish, EXCEPT UNDERWIRE
- ❖ If non-absorbable sutures were used, they will be removed 7 days after surgery
- ❖ You may begin breast massage the 2nd week after surgery, you will be instructed on breast massage at your post-op appointment, continue massaging for at least 6 weeks after surgery
- ❖ Do not expose incisions to the sun and/or tanning UV light for at least 1 year, however, you may begin tanning 4 weeks after surgery while keeping incisions covered
- ❖ If sun exposure is unavoidable, use a product with SPF of at least 30

5. **Massage Technique** – Only do massage if instructed to do so

- ❖ Your body's natural response to any implant is scar formation, the scar envelops the implant and may contract with time, causing firm capsule formation, and possibly palpable or even visible flaws
- ❖ Massage is performed in the hopes of enlarging the space in which the implant moves about, thereby enlarging the size of the capsule
- ❖ It should be performed slowly, and deliberately

- ❖ It should be performed symmetrically, that is displacing the implant equally on both sides with each movement/repetition
- ❖ Slowly press the implants inward, and hold for 10 seconds, release and repeat 10 times
- ❖ Repeat the same pressing downward, and upward for the same number of repetitions
- ❖ **Only massage if instructed by the doctor**

6. Washing & Cleansing

- ❖ You may **shower** 24-48 hours after surgery, after the first dressing change, remove supportive bra and ace if present, leaving steri-strips in place
- ❖ It is best to use a mild, unscented soap
- ❖ When washing and drying pat over the incision, don't wipe
- ❖ **Do not bathe or submerge in a pool or whirlpool, for at least 4 weeks after surgery**

7. Call Your Doctor If You have

- ❖ Pus-like or foul smelling drainage
- ❖ Temperature greater than 100 degrees
- ❖ Redness that is spreading or greater on one side
- ❖ Excessive swelling or bleeding, especially if you notice the difference only in one breast
- ❖ Increased pain that is intolerable

8. Phone Numbers

If you have questions about your surgery, please do not hesitate to call Dr. Gerzenshtein directly on his cell, any time 608-728-3896.

*Please note that the above instructions are a result of many years of experience, not adhering strictly to the prescribed recommendations will compromise the outcome of your surgery. Depending on the technique that was used for placement of implants, your breast may look too high, too tight and in some cases (differential swelling or bleeding) asymmetric at first. Remember, it takes on to two months to stretch and settle. BE PATIENT!!!!

Patient Signature _____ Date: _____

Witness Signature _____ Date: _____