

THE FIRST GLANCE

Breast Implant Revision / Exchange / Capsulotomy / Capsulectomy Post-Operative Home Care Instructions

Supplies to have at home:

- Your prescription medications
- **Gravol** (oral medication *and* suppositories)
- **Advil or Aleve** (be sure to take this with food) – wait until 2 days post op before taking
- **Stool softener** (*ie: Restorolax/Lax-a-Day/Senokot*). Used to prevent constipation- start if no BM for 2 days
- Polysporin ointment
- Band-aids
- Underwire bra (not push up bra)
- Cotton sports bra or compression bra given at Pre-op

***Please bring garment with you on day of surgery.*

Rest and Relaxation

- It is ok to lie on your side. Do not lie on your chest.
- Wait 2 weeks before participating in physical activities that will increase your heart rate and blood pressure or cause your breasts to move significantly.
ie: running and aerobics

Washing

- Remove dressings 24 hours after surgery. Leave your steri-strips in place for 1-2 weeks.
- If you DO NOT have drains you may shower 24 hours post op - Wash with soap and water.
- If you have drains, you cannot shower until these are removed unless otherwise instructed from your surgeon **See drain care at the end of this document**
- Do not soak your surgical sites - no baths, pools, hot tubs, or lake water for 4 weeks.
- Dry surgical site by gently patting with a clean towel or allow to air dry.
- Bleeding from your surgical site may occur following surgery. If it occurs hold constant firm pressure for 10 minutes with a clean towel.

If bleeding persists or one side is becoming much larger than the other, see our emergency care instructions below

Medication

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated.
- Take antibiotics as prescribed at the appropriate times until completed.
- Apply Polysporin to your incision lines once a day once steri-strips are removed

Bra Wear

- Wear your cotton sports bra for 1 week.
- Wear a non-padded underwire bra - unless otherwise directed for 4 weeks. Place a band-aid over your incision for protection from the underwire.

Two Weeks After Surgery

- Begin to massage your incisions with Skin Medica Scar Recovery Gel (available for purchase), Vaseline body lotion or BioOil. **Do not use vitamin E.**
- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning

Drain care:

If you have ALLODERM at the time of your surgery:

- Empty drains as instructed and document drainage.
- Drains must stay in for a minimum of 4 days. Drains are removed once drainage is less than 30cc's in a 48 hour period
- Place Polysporin at drain site and cover with gauze or a feminine hygiene pad to absorb fluid that may leak out. This is normal and can occur for 1 week.
- Drain sites will close in 7 to 10 days.
- If drainage persists or is predominantly fresh blood go to your nearest emergency department and contact Dr. Islur.

If you do NOT have Alloderm and have drains:

- Empty drains as instructed and document drainage. Drains are removed once drainage is less than 30cc's over 24 hours.
- There is no minimum time requirement for drains to stay in
- Place Polysporin at drain site and cover with gauze or a feminine hygiene pad to absorb fluid that may leak out. This is normal and can occur for 1 week.
- Drain sites will close in 7 to 10 days.
- If drainage persists or is predominantly fresh blood go to your nearest emergency department and contact Dr. Islur.

Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- Coughing up blood / Bloody diarrhea

After Hours Care

If there is a concern about your surgery or your healing, please call The First Glance Clinic at 204-885-1419.

If the clinic is closed (evenings or weekends) or in case of an emergency, please call Dr. Islur 431-302-5177

If after 3 attempts you cannot reach Dr Islur, please call the plastic surgery resident by calling St Boniface Hospital Operator at 204-237-2053

Visit www.drislur.ca for more information

Please consider bringing your old bras to The First Glance on your surgery day. Gently used bras will be donated to local women's shelters throughout the city. Thank-you.