

## Care after an Implant Exchange

- **Please ensure you get up and walk around every hour while you are awake.** When sitting or lying pump your feet up and down at regular intervals when awake to increase your circulation, minimizing the risk of blood clots.
- **Please ensure you are doing deep breathing and coughing** for 3-4 days following your surgery each hour while you are awake (breathe in through your nose and out through your mouth three times on the third breath out give a big cough).
- If you have been fitted with a Bandeau garment (strap across the top of your breasts) this garment is to remain in place day and night (except for showering) until instructed by clinic staff that it is no longer necessary. The bandeau is to sit lower on the back and 1"-2" just above the nipples in the front (just above the top of the implants). As the swelling subsides in your breast, please adjust the tension.
- This garment can be spot washed with a cloth and gentle soap, if needed.
- If you have been fitted with a bra, please wear the bra as instructed by clinic staff. Typically, it is worn day and night for a minimum of 6 weeks. It can come off to shower but needs to be placed back on after bathing.
- No other bra is to be worn for 4 weeks. If you would like, you may wear a tank top that does not compress or lift up your breasts, but this needs to be approved by clinic staff.
- Generally, you can wear any bra after 6 weeks. You will be instructed further by clinic staff on your post op visit.

### **\*IF YOU HAVE HAD FAT GRAFTING WITH YOUR IMPLANT EXCHANGE:**

- You will not have a bandeau, wear a soft supportive bra. It is preferable to avoid an underwire bra for 6 weeks.
- Place a Band-Aid or a light gauze dressing over each small incision.
- The small wounds from where the fat was taken may have a tendency to leak fluid for a few days, this is normal. Place a heavier gauze dressing at these sites as necessary.
- You can begin to perform a very light massage to the areas where liposuction took place (where the fat was taken from), this can help decrease swelling. This can be started 48 hours after surgery.
- DO NOT massage the area where the fat was placed.
- Wearing pants, such as yoga pants or Spanx, that provide some compression to the thighs and abdomen can provide comfort and help reduce swelling during the first 2 weeks after surgery (if the fat was taken from your thighs/abdomen).

## MEDICATIONS

- Please do not take any Advil, Ibuprophen, Aspirin, Motrin or Anacin unless this has been discussed with your doctor or one of the clinic's nurses.
- You may have been given the following medications: Oxycodone and/or Acetaminophen (Extra Strength Tylenol) for pain management, Colace (Soflax) to prevent constipation, Lyrica (Pregabalin) for pain management/nerve receptor blocker, and Celebrex (Celecoxib) to help with swelling/inflammation.
- If you experience nausea, take Gravol as directed on the package 15-20 mins before you take your prescribed pain medication.
- Begin taking your stool softener (Colace) after your surgery and continue as needed. If you are still experiencing constipation, speak to your pharmacist about taking a laxative.
- Take Tylenol instead of your narcotics when you feel able.
- If you have been given a prescription for antibiotics, start taking them on the day of surgery and continue until all the medication is finished.
- If you have been given Arnica, you may continue to take the Arnica the night of your surgery and continue to take it until it is finished.
- Unless advised to do so, **Do NOT apply any hot/cold packs as they risk damaging your skin!!!**

## DRESSINGS and SHOWERING

- You may shower the day after your surgery if you feel up to it. You must shower within 48 hours after your surgery. Please have someone present with you for your first shower and do not lock the bathroom door as you may become dizzy. DO NOT take a bath, swim, or sit in any hot tubs until your incisions are fully healed.
- Remove all your dressings before showering. If the dressings are stuck, get into the shower, and get the dressing wet. It will be easier to remove once it is wet. The dressings are the following: a piece of white band aid and antibiotic glue. This bandage is to be removed and not reapplied. Pat your incisions dry.
- When showering, wash gently with your usual soap and water. If you were given an antibacterial wash product to be used before surgery, please do not use it anymore.
- Your skin was cleaned with a pink antiseptic solution before surgery. You may also have some residual pen markings. These markings will gradually go away with showering.
- An antibiotic glue has been applied to your incisions; it is a purple colour. This glue will gradually wear off over time with no attention needed
- You may have a suture (long blue stitch over top of your incision) that will need to be removed on Day 12 after your surgery. Please make sure that you have this scheduled follow up appointment.

## ACTIVITIES

- Avoid lifting anything over 5lbs for the first week after surgery. You may lift up to 10lbs during the second week.
- Please avoid walking your dog for the first week of surgery. The sudden tug or jerking action may cause bleeding in the breast.
- You will notice that you will gradually be able to lift your arms above your head as time passes and as your tissues relax. Please do not do any lifting above your head for the first week.
- You must avoid strenuous activities and exercise for about six weeks.
- If applicable, you may resume sexual activity when you feel comfortable. Generally, waiting 6 weeks is adequate, but each patient may feel differently. Use your discretion and listen to your body and how you are feeling. Avoid direct pressure to the chest area for 4-6 weeks post operatively.

## WHAT YOU CAN EXPECT

- You will have moderate discomfort post operatively. This will gradually improve as the days pass. If your pain begins to increase and is unmanageable, please contact the office.
- Moderate swelling may occur, and this is normal. The swelling will be maximal at 2-4 days after surgery. Swelling will gradually improve over the next 3-6 weeks.
- If you notice any rapid increase in swelling in one breast or one breast is much more swollen or painful than the other breast, please call the office and speak to one of the clinic's nurses.
- Bruising is also to be expected. This will gradually resolve on its own. The Arnica tablets will help with this.
- The skin on your breast may be numb especially around the incisions. This numbness will generally subside. Your nipples may be hypersensitive for several weeks. If nipple irritability is a problem, you can place a band aid across the nipple.
- If you have drains, separate instructions will be provided to you.
- It is possible after a general anaesthetic to experience some nausea or vomiting, dizziness, sore throat, headache, muscle aches or fatigue. These symptoms will usually settle within 48 hours. Drinking lots of water and eating healthy will help with these symptoms. If they do not resolve after 48 hours, please call the office, and speak with one of the clinic's nurses.

Please note that you will NOT be able to work on the day of your procedure. **YOU ARE NOT ALLOWED TO DRIVE, MAKE ANY IMPORTANT DECISIONS OR OPERATE ANY TYPE OF MACHINERY FOR 24 HOURS AFTER YOUR SURGICAL PROCEDURE.** This is the law.

If you need to go to an Emergency Room/hospital/walk in clinic/family doctor for any reason **within 10 days** after your surgical procedure, you need to inform The Cosmetic Surgery Clinic of your visit.

If you have any questions or problems, please do not hesitate to call the office at 519-746-1132, or in an emergency situation after hours, you may contact Dr. Ma directly at 905-818-0746 . In the event that you cannot reach Dr. Ma, and you need attention urgently, please go to your nearest emergency department.

Last Medication Dose received:

Acetaminophen 1000mg (2 tablets) @ \_\_\_\_\_ (pain reliever)

Celebrex 100mg @ \_\_\_\_\_ (pain reliever/swelling)

Docusate Sodium 100mg start tonight

Your last narcotic dose was @ \_\_\_\_\_

We love hearing from you!

