KIRWAN
PLASTIC SURGERY

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BREAST IMPLANT EXCHANGE - PRE AND POST-OPERATIVE INSTRUCTIONS

PRE-OPERATIVE INSTRUCTIONS

1.Do not take any aspirin products or NSAIDs (such as Motrin, Advil, Aleve) or Vitamin E for 3 weeks prior to or after surgery. These medications thin the blood, causing you to bleed and bruise more. You may take Tylenol for pain. See our separate list of medications to be avoided.

2.Do not smoke for three weeks before or after surgery.

3.Do not drink alcohol for three weeks before or after surgery.

4.DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. No Exceptions.

5.Please wear a top that fastens in the front with buttons or a zip and pull-on pants on the day of surgery. Sweats work well. Wear flat, slip-on shoes - no high heels and no sandals or flip-flops.

6.Please do not wear make-up, hairspray, jewelry, panty hose, or contact lenses. Please remove all piercings including body piercings.

7.Shower and shampoo with anti-bacterial soap on your day of surgery. Do not apply body creams, lotions, oils or any kind of deodorant.

POST-OPERATIVE INSTRUCTIONS

1.Your surgery will take approximately two hours. After surgery you will go to the recovery room until you have recovered sufficiently to be discharged.

2.If you are having outpatient surgery, someone must drive you home and, for your safety, remain with you for the first 24 hours.

3.You will receive instructions for scar management at your follow-up visits.

4.If you have drains, you will be instructed as to how to manage them after discharge.

5.You may feel numbness in the lower half of your breasts or your nipples. This will lessen as the months go by but the sensation may not return completely to normal.

6.Do not do any strenuous activity or housework. Do not strain during a bowel movement. Do not take pain medication on an empty stomach since it may cause vomiting. All these factors will raise your blood pressure and may cause bleeding.

7.For 2 weeks after surgery, you can lift your upper arm to shoulder height and you should exercise your shoulders by putting your hand behind your head and then behind your back to move your shoulder through a full range of motion and

avoid a stiff shoulder. Avoid reaching upwards or backwards. You may resume most of your normal activities within 3-4 weeks.

8.You may go home with a bandage wrap or a breast 'bandeau' after surgery. We will instruct you on what type of surgical garment to purchase and when and how to wear it. Please bring your garment with you to the hospital.

9.You may take tepid showers during this time.

10.It will be helpful to sleep with your head elevated with pillows or cushions under your arms. This will relieve the tension on your upper arms and make it more comfortable for you to get a good night's rest. Avoid sleeping on your side for 3 days.

11.You may experience 'twinges and a crackling sensation' within your breast post operatively. The frequency and intensity of these sensations will lessen as the week progresses.

12.Two to three days after surgery, your upper abdomen may become 'bloated.' This is due to the swelling and extra fluid from your breast settling into your upper abdomen by gravity. Your body will reabsorb this and eliminate it on its own. This is only temporary and is usually resolved after one week.

13.You may also hear 'swishing' in your breast 1-2 days after surgery. It does not mean your implants have ruptured or deflated. This is due to the extra fluid in the pockets around the breast implants and will subside in approximately 5 days.

14.Sometimes one breast may be slightly more painful than the other. This does not necessarily mean that anything is wrong.

15.Breast Massage: You will be instructed to do breast exercises. This activity will begin approximately two weeks after surgery. You will be given separate instructions for Breast Massage.

16.You may resume most of your normal activities within 3-4 weeks.

17.Sun block is recommended on the scars to prevent hyper-pigmentation. Bathing suits alone will not provide the necessary protection from the sun. All creams should be applied in a thin layer only. All stitches are absorbable.

18.Six weeks after surgery, you may resume strenuous activities such as heavy lifting, , golf, tennis, swimming, running, etc. but only if you can tolerate them comfortably. Start slowly.

19.If you should have any questions, please call the Connecticut office at 203-838-8844 or the New York office at 212-838-8844.

20. Watch carefully for excessive redness, swelling, bleeding, discharge, fever, or pain not relieved by medication. If any of these symptoms occur, please contact our office immediately.