



Implant Exchange Post-Op Instructions

1. Arrange to have someone at home with you during the first **24 hours** post-operatively and have them **review** these instructions.
2. **After 24 hours**, you may remove and dispose of the gauze dressings and shower. Pat tape dry after showering, and replace surgical bra. Wear this at **all times for 4 weeks**. No underwire bra until released by Dr. Robbins.
3. A breast band/bandeau and/or an ACE bandage may have been placed on you after your surgery. Wear this until you see Dr. Robbins in one week. The surgical bra should go on first followed by the band. You may wear a cotton T- shirt under the band if it is irritating to your skin. If an ACE bandage was placed, it should be worn firmly wrapped for 24 hours or as otherwise instructed. **Keep tape/steri-strips on the incisions, dry, and in place** until your follow up with Dr. Robbins. Pat the tape dry, or use a hair dryer on a **cool** setting to dry the moisture under the tape. Breast sensation can be heightened/very sensitive or dull/decreased for several weeks to months after surgery.
4. No lifting more than **20 pounds for 4 weeks**. **No exercise or anything strenuous for 4 weeks**. **You may walk leisurely only**.
5. You may experience **moderate pain** for 3-7 days. One side may even be slightly more painful than the other side. This is normal as long as there is not significantly more swelling on one side than the other. You have been given a prescription for narcotic pain medication to take **as needed**. You may take **1 pain pill every 4 hours or 2 pain pills every 6 hours as needed for pain with food; DO NOT take these with Tylenol**. These medications may make you drowsy. Do not drive a car while taking these. **Do not take Advil/Motrin/Aspirin/Aleve/Excedrin for 3 days**. **After 3 days**, you can take Ibuprofen (Motrin) 600mg- 800mg every 8 hours as needed for pain with food. Do not take Ibuprofen if you have an allergy to NSAIDS, have stomach ulcers, or kidney disease. You will also be given an antibiotic to take for 7 days. Ice may be used for swelling and discomfort as needed for the first 4 days (20 minutes on and 20 minutes off).
6. You may experience nausea. Crackers, toast, and other bland foods are recommended to be eaten first, advance your diet as tolerated. A well balanced diet is important for the healing process. **If your nausea is severe and you are unable to keep any fluids or medications down, please contact Dr. Robbins**. You may also experience constipation from the pain medication. Try eating high fiber foods and drinking lots of water. You may also use OTC remedies such as laxatives, fiber, stool softeners, or enemas as needed.
7. Expect the breasts to become very swollen and unnatural in appearance. **This is normal**. Both breast should be equally swollen. **If one breast is significantly more swollen than the other side, contact Dr. Robbins**. The implants will initially set high on the chest, but they will settle over the next several weeks to months as the skin stretches. This process can take several months.
8. Do not lay in bed for extended periods time. Get up and move around every 2 hours to help improve circulation.
9. ***** Please have whoever is caring for you read these instructions*****



DES MOINES
PLASTIC
SURGERY
DAVID ROBBINS, M.D.

If you have any questions or concerns, do not hesitate to call us! Office hours are M-F 8am- 5pm. After hours and weekends, please call **515-221-9999**, and Dr. Robbins will return your call.