



DES MOINES
PLASTIC
SURGERY
DAVID ROBBINS, M.D.

Implant Removal 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 gauze dressings and shower. After showering, replace ACE bandage and wear it **at all times for 2 weeks**.
3. **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. You will have suction drains in place for 1-2 weeks. These will come out at your one week follow up. A drain log will be given to you in recovery room for you to document the amount of drainage from each drain. **Please bring this form with you to your one week follow up appointment.**
5. No lifting more than **20 pounds for 4 weeks. No exercise or anything strenuous for 4 weeks. You may walk leisurely only.**
6. You may experience **moderate pain** for 1-2 weeks. 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).
7. 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.
8. It is important to stay well hydrated. Get up and move around every 2 hours to improve circulation.
9. ***** Please have whoever is caring for you read these instructions*****

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, Dr. Robbins will return your call.