



BREAST IMPLANT REMOVAL

OFFICE # 812.981.4724

Activity: **Do not do any of the following activity for at least 1-2 weeks:**

- Heavy lifting over 5 lbs.
- Aerobic exercise or jogging

Positioning: Elevate the area operated on if possible.

Diet: You may resume a normal diet. Do not drink alcohol for 24 hours after surgery or while taking pain medication or antibiotics.

Driving: You may drive a car _____ tomorrow, _____ 2 days, _____ 1 week, _____ other

Return to Work: _____ tomorrow, _____ 2 days, _____ 3 days, _____ 1 week, _____ other

Medications: Take all medication as instructed. Only Tylenol products or pain medication should be taken for pain. Please ask your doctor about resuming medication(s) that you take daily.

Bathing: You may begin showering the day after surgery if you have no drains. DO NOT take a bath, swim or get in a hot tub until healed, dressings are off and all scabs have healed (usually 2-3 weeks).

Dressings: _____

Sun Care: A good sunblock should always be used to protect your skin from sun damage. In addition, particular care should be taken with the sun as long as you have bruising, as permanent discoloration could result with sun exposure.