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## Breast Implant Removal Surgery Post-Operative Instructions

### **BRA**

Please wear a post-surgical bra for support for approximately 4 weeks after surgery during the day; nighttime use is optional. This bra should be soft, with gentle compression to support your breasts, should do up in the front, and should be non-wired. Bras can be purchased online (for example, ClearPointMedical.com or Marena.com) or in-store, for example:

Compassionate Beauty, 26-22 Richard Way SW, Calgary, Alberta, T3E 7M9  
Phone: (403) 686-6936 [caring@compassionatebeauty.com](mailto:caring@compassionatebeauty.com)  
Open Mon-Fri 10am-5pm, closed weekends - Appointments recommended

### **DRAINS – if used**

Please record the daily output from each drain in a chart. Bring this to your follow up appointment with Dr. Elzinga. When the output from a drain is less than 30ml per day for 2 days in a row, this drain can be removed. Different drains often need to be removed at different times. Please call Dr. Elzinga's office (403) 956-3867, your family doctor, or go to a walk-in clinic for drain removal.

### **SHOWER**

You may shower as soon as 1 day after surgery if you feel up to it. Remove your bra and all outer dressings. Leave the paper tapes or Steri-Strips in place; pat them dry after showering. Drains can get wet.

If you use well water, please wait to shower until 3 days after surgery.

### **ACTIVITY**

There are no restrictions on arm movement after surgery. Please move your arms in-front of and above your shoulders to prevent shoulder stiffness.

Please avoid heavy lifting for 4-6 weeks after surgery.

### **PAIN – please see the “General Post-Operative Instructions” hand-out for more information**

In addition to your pain medications, please use ice packs and massage to help with sore areas after surgery. Massage the areas gently with your fingers. This can help with nerve pain and irritation, for example, areas that are painful and sensitive to touch as well as feelings of burning, shooting, and itching pain. Massage will help desensitize these areas, decreasing pain.