

BREAST IMPLANT REMOVAL

DOCTOR GERUT'S POSTOPERATIVE INSTRUCTIONS

NO SMOKING, SEX, LIFTING, STRAINING, ETC. FOR FIRST TWO DAYS, KEEP ELBOWS AT SIDES AT ALL TIMES. Shoulder motion should be restricted to a minimum. Elbows may bend freely to bring hands to face but shoulders may move only enough to wash under arms. You must not wash your own hair as this causes your arms to move too much. If you move around too much you could cause bleeding or infection. Even the motion of removing a child-proof cap of your medication can cause bleeding.

You must wiggle your toes and ankles and move your knees as much as possible to help prevent blood clots from forming in your legs. Do this as much as possible until you are walking around normally.

Breathe deeply and cough on purpose during the first three days after surgery to help prevent post-operative lung problems.

Please take the medications that Dr. Gerut indicates with a check mark. Only the medications checked off will be given to you. **If you are allergic to any of these medications, please let us know!** Please take all pills with a bit of food to avoid nausea. You will be given prescriptions for medications to be taken AFTER your surgery. Please do not confuse them with these preoperative medications. Keep your medications at home for use after surgery. If you are staying overnight in the hospital or in our office we will provide the necessary medications. Do not bring them with you. When you fill your prescriptions, the bottles will be labeled **only with the medical names for your pills** and for your reference, these medical names are in parentheses below.

Antibiotic:

- Keflex** (Cephalexin) 500mg (1pill) 2 times a day or if allergic to Penicillin,
- Vibramycin** (Doxycycline) - 100mg 2 times a day

Pain:

- Norco** (hydrocodone bitartrate/acetaminophen) 1-2 pills every 3-4 hours as needed.

Nausea:

- Compazine** (Prochlorperazine) Use one if needed. Never use more than 2 in 24 hours. If nausea returns, and you weigh less than 160 pounds, call the office before using a second suppository.

Constipation:

- Ex-Lax** (or any other mild laxative as needed).

KEEP A BRA ON AT ALL TIMES DURING THE FIRST 48 HOURS. Do not shower until two days after the surgery. At this time you may remove the bra and bandages to shower BRIEFLY. The breasts and stitches may be washed GENTLY by letting the water run on them. **During your first shower, your shoulder motion should be gentle and slow and you should have help.** Gently pat breasts dry, apply Bacitracin or Neosporin ointment to stitches, and then apply new bandages and put the bra back on.

After 48 hours you may move your shoulders as you wish. You may begin limited activity roughly 3-5 days after surgery and full heavy exercise within about two weeks. Jogging, impact aerobics or other "bouncing" exercises will be permitted after three to four weeks.

Your stitches will dissolve within three weeks after surgery. If they do not, we will remove them.

You must expect swelling as well as some black and blue. There should be soreness. **If severe pain persists after two days or there is very severe swelling ONLY ON ONE SIDE**, call Dr. Gerut immediately.

You will have to sleep on your back for the first several days after surgery.

Do not apply any treatments or creams to the surgical area unless approved by Dr. Gerut.

No aspirin, Bufferin, APC, Fiorinal, Alka Seltzer, Ecotrin, Excedrin, Anacin, Vitamin E or any other medication not directed by DR. Gerut. Regarding Advil or Motrin, check with Dr. Gerut or his office staff.

Acidophilus, Diflucan or Monistat to avoid or treat yeast infection from antibiotics.

Your skin will almost definitely be loose and your breasts will almost definitely sag from removing your implants. Do NOT have the surgery done if you cannot accept this.

Please take your temperature every afternoon and call us if you have any temperature higher than 100.8.

As above, if pain persists after three days, if there is a severe or sudden increase in pain or swelling on only one side or any other emergency please call Dr. Gerut immediately at **516-295-2100**. After hours please call **516-620-3619**.

Please call the office at your earliest convenience after surgery to schedule your first postoperative appointment. You should be seen within one week of surgery.

If you wish to be as safe as possible, from now on, you must be treated as if you have a heart murmur:

I have been made aware of the following possible complications and/or side effects and I accept them (there are others possible that are not listed here):

- | | | |
|---|----------------------------|-----------------------------------|
| Bleeding | Thrombophlebitis | Reaction to the sutures |
| Infection | Hypertrophic Scars | Contour deformities |
| Need for revisional surgery | Keloids | Skin/scar discoloration |
| Wound Dehiscence | Chronic Pain | Disability |
| Skin Numbness | Asymmetry – very likely | Change in breast shape |
| Seroma | Anesthesia Risks | Paresthesias |
| Loss of nipple areolar sensation | Nipple areolar malposition | Drooping of your breasts |
| Change in Mammogram | Hematoma | Change in breast self-examination |
| Change of breast shape with chest muscle motion | | Interference with mammogram |

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It may be necessary for you to communicate with Dr. Gerut by text or email before or after your surgery. This communication may involve sending information about or photographs of yourself over the Internet from which you may or may not be identifiable. By your initials here you acknowledge and accept this potential breach of your privacy.

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No Aspirin, Bufferin, APC, Fiorinal, Alka Seltzer, Ecotrin, Excedrin, Anacin, Vitamin E or any other medication not directed by Dr. Gerut for ONE WEEK AFTER SURGERY. Regarding Advil or Motrin, check with Dr. Gerut or his office staff. During the time that you are taking a narcotic pain reliever, you are to avoid driving or operating heavy machinery. Dizziness or severe drowsiness can cause falls or other accidents.

I have read the above instructions (3 pages total), issues and possible complications, my questions have been answered and I understand them fully.

Patient Signature

Date

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Member, American Society of Plastic Surgeons
Member, American Society for Aesthetic Plastic Surgery
Assistant Clinical Professor of Plastic Surgery, Albert Einstein Med Ctr. (ret)
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