

# Breast Implant

## Post-Surgery Information

### Important Information

- You will be provided with a prescription for pain medication upon discharge from the hospital. You will also be provided with a prescription for a short course of antibiotics. Please complete the antibiotic as prescribed.
- If you develop breast redness, unusual swelling, fever over 101 degrees, chills, drainage soaking through your dressing or if you cannot tolerate your antibiotics, call the clinic at 407-821-3555.

### Will I have a drain in place?

Typically, drains are not necessary after this surgery. On rare occasions, your surgeon may determine it is necessary.

### How long is recovery?

Recovery is expected to be four to six weeks.

You may be sore for the first week, but women usually have very little pain. You can typically return to regular activities after the first week. However, there are restrictions on lifting, pushing, pulling and exercise.

### When can I exercise?

No lifting, pushing or pulling over 10 pounds for six weeks after surgery.

No exercise until six weeks after your surgery and complete healing of your incisions. Gradually increase your exercise. We recommend avoiding high-impact exercise for a full eight weeks.

### When can I shower?

After surgery, keep your dressing dry and in place. You may shower from the waist down and sponge bathe around your dressings. Typically, patients are allowed a full shower after their first postoperative visit. Please do not use antibacterial soap, peroxide or rubbing alcohol on your incisions.

### When can I drive?

We recommend you do not drive if you are taking opioid pain medications. Do not drive unless you are feeling comfortable enough to drive.

### When can I start wearing a bra?

A surgical bra or compression wrap will probably be placed at the time of surgery. Please wear compression for a full six weeks after surgery — removing only to shower.

### Implant Monitoring

The FDA recommends a magnetic resonance imaging (MRI) exam five years after placement of silicone breast implants and every two years thereafter. This is to identify silent rupture of an implant.

*Note: ALL information is subject to modification by your surgeon  
v.1 1/16/2023*

**If you have any questions after your surgery, call our care coordinator at 407-821-3555.**

**AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.**

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.