

Important information after Placement of Breast Implants:

- You will be provided with a prescription for pain medication upon discharge from the hospital.
- You will be provided with a prescription for an antibiotic upon discharge from the hospital.
Please complete the antibiotic as prescribed.
- Please call the clinic if you develop any significant redness, swelling, fever over 101 degrees, chills, drainage or if you cannot tolerate your antibiotics. (321) 841-7090

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?

You may be sore for the first week, but generally women 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?

- For the 1st 2 weeks, No lifting, pushing or pulling over 5 pounds.
- For the 2nd 2 weeks, no lifting, pushing, or pulling over 10 pounds
- For the 3rd 2 weeks, no lifting, pushing or pulling over 20 pounds.
- No exercise until after 6 weeks and your incisions are completely healed. No swimming, yoga, Pilates or high impact exercise for 8 weeks.

When can I shower?

Typically patients are allowed to shower after their first postoperative visit.

When I can I drive?

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

When can I start wearing a bra?

This will vary for each person. Typically, you are asked to not wear a bra until at least 8 weeks after surgery. When you do wear a bra it should be soft cotton, have a front closure and no underwire.

Implant Monitoring

The FDA recommends MRI 3 years after placement of silicone breast implants and then every 2 years thereafter. This is to identify "silent rupture" of an implant.