



# DR. COLIN MCINNES

---

## PLASTIC SURGERY

### Implant Removal – Post-Operative Instructions

#### Rest + Relaxation

- Preferably sleep on your back. It is okay to lie on your side. Do not lie on your chest.
- Wait 2 weeks before participating in physical activities that will increase your heart rate and blood pressure or cause your breasts to move significantly.

#### Washing

- Your compressive garment is optional but many patients find it supportive. If you want to remove it at any time, that's ok.
- The outer dressing usually stays on for 7 days, afterwards remove it. The skin glue will slough off with time and doesn't need to be removed.
- You can shower 48 hours after surgery *unless* you have drains in place (no showering the area until 24 hrs after drain removal). Wash gently with soap and water.
- Do not soak your surgical sites - no pools, hot tubs, lake or well water for 3-4 weeks.
- Dry the surgical site by gently patting with a clean towel or allow to air dry.
- Bleeding (minimal) from your surgical site may occur following surgery. If it occurs hold constant firm pressure for 10-15 minutes with a clean towel. If bleeding persists or one side is becoming much larger than the other, see our emergency care instructions below.

#### Medication

- The pain after surgery usually gets progressively less after the first 48 hours.
- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated.
- Take antibiotics as prescribed at the appropriate times until completed.
- Apply a thin layer of Polysporin to your incision lines 2x per day once steri-strips are removed (you don't need this if surgical glue was used)

#### Bra Wear

- Wear a non-underwired bra - unless otherwise directed for 4-6 weeks.

#### Three Weeks After Surgery

- Begin to massage your incisions with body lotion, BioOil, or equivalent scar cream (something non-irritating). Do not use 100% vitamin E (capsule or oil).
- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent darkening.

#### Special Instructions

- Starting a few hours after surgery open your bra and apply cold compresses to your breasts for 10 minutes 3-4 times a day for 2 weeks to decrease swelling (a clean moist hand towel placed in freezer for 20-25 minutes, not an ice pack).

#### Drain Care

- If drains have been placed, please follow the verbal instructions to have them removed 3-7 days following surgery (or if less than 30ml's per 24hours)
- When drains are removed a small amount of yellow/pink/ blood tinged fluid may ooze out of drain site for up to 3 days.
- Place a small amount of Polysporin onto the drain site daily and cover with gauze or a hygiene pad.
- Drain sites will close in 3 to 7 days
- Okay to shower chest 24 hours after drains removed

#### Follow Up Care

- Dr. McInnes will let you know which location to visit for your in-office follow up appointments. Please call the office to confirm the time (604-515-8847). Dr. McInnes may call you the evening of surgery to see how you're doing, please try to answer your phone (even if it's from "unknown caller").

#### After Surgery & Weekday Care (8am to 5pm)

- For general inquiries/questions or concerns email [office@doctorm.com](mailto:office@doctorm.com) or call the office.

#### Weekend and After Hour Care (5pm-8am)

- If on weekends, after hours, or an emergency, please call 604-527-4925 and ask to speak with Dr. McInnes or the plastic surgeon on call.

#### Contact

- Office phone: 604-515-8847
- Office address: 307 – 233 Nelson's Crescent, New Westminster, BC.