



Guidelines for Implant Exchange with Breast Lift

Before your surgery

- Maintaining a well balanced diet will facilitate optimal healing. It's also important to keep well hydrated the days leading up to surgery.
- Stop smoking at least 3 months before surgery. Nicotine reduces blood flow to the skin and can cause significant complications during the healing process.
- Stop taking blood thinning medications and supplements 10 days before surgery. Please refer to the provided list.
- Schedule any pre-operative testing and medical clearance examinations required by Dr. Lowenstein. Your mammogram needs to be within 12 months, EKG must be within 6 months and blood work within 2 weeks.
- Plan accordingly. Secure a responsible adult to drive you to and from surgery and remain with you of a minimum of 24 hours. It is a requirement that the person picking you up after surgery is the same person staying with you until the post op appointment the day after surgery. Plan to stay in a hotel in town if you are from out of town.
- Discuss with Dr. Lowenstein the amount of time needed off work and other restrictions such as driving, lifting, housework, and exercising.
- We will provide you with your prescriptions at your pre-operative appointment. Bring your prescribed pain medication to the office day of surgery. You may find it helpful to have ice gels to apply to breasts after surgery.
- Maintain optimal health and hygiene. A cold, virus, or other illness may require your surgery to be rescheduled. Call the office if any illness or change in health status arises.
- Maintain proper skin care. This includes daily use of sunscreen or sunblock. Also, wash your torso with an antibacterial soap twice a day starting two days before surgery.
- Shower the night before and the morning of surgery using antibacterial soap. Do not apply any lotions, or deodorant day of surgery.
- You may not eat or drink anything after midnight, including candy, gum, and mints. Only take medications cleared by Dr. Lowenstein.
- Wear loose-fitting, comfortable clothes that do not need to be pulled over your head and easy-to-slip-on flat shoes.
- Do not wear makeup, jewelry, contact lenses, or body piercing. If there is an item unable to be removed, advise the admitting nurse.
- It is very common to be nervous. Try to get adequate rest and avoid unnecessary stress. Call us if you are experiencing serious stress or difficulty sleeping.

- Your anesthesia provider will call you the night before surgery and will also see you morning of surgery. Morning of surgery you will also see Dr. Lowenstein's nurse and Dr. Lowenstein. If you have any questions in the meantime, do not hesitate to call our office.

After your surgery

Immediately after surgery you can expect:

- Feeling drowsy following waking up from anesthesia.
- Sore throat.
- Swelling and bruising of your breasts and flanks. You may also experience a "tight" sensation in these areas.
- Possible numbness of the skin of your breasts.
- Increased or loss of sensation of your nipples.
- Moderate discomfort.
- If you have a vertical incision, you will experience a temporary flattening of the lower pole of the breast. You will also see a temporary "bunched up" appearance of the lower part of the incision.
- Sloshing sound from your breasts due to irrigation fluid and local anesthesia.
- Breasts being high and firm.
- You will have a tube top for support and to keep dressings in place.

Call the office at (805)969-9004 promptly if you are experiencing:

- Pain not controlled by the prescribed medication.
- Excessive or sudden swelling on one side.
- Darkening of the nipple/areola complex.
- A temperature higher than 101 °F.
- Severe nausea and vomiting.
- Pain in calf, knee, groin or shortness of breath.
- Continuous dizziness or unusual behavior.
- Any other questions or concerns.

Day of and day after surgery

- Rest, yet keep moving. Rest is important, although it is equally important to walk inside for 5-10 min every couple of hours while awake.
- Take the pain medication, as directed, to address any discomfort. The period of greatest discomfort does usually not last longer than 24-48 hours. If you experience consistent, sharp pain that is not relieved by the pain medication, call the office.
- Check under the dressings every 2-3 hours and assess for excessive swelling and change in nipple-areola complex color.
- Remember that your pain medication can constipate you, take measures to counteract that.

- Take other prescribed medications as directed.
- Drink plenty of fluids, 8 oz every couple of hours. Make sure to replenish electrolytes.
- Do not drink any alcohol.
- Apply ice gels to the side of your breast over 20 min at a time. Do not apply heat or anything frozen directly on the skin.
- Do not do any heavy lifting.
- Do not sleep on your stomach.
- You may shower after your post-operative visit with Dr. Lowenstein day after surgery. Do not submerge your body in water.
- At your first post-operative visit Dr. Lowenstein will teach you expansion exercises to maintain the surgical pocket.
- Keep wearing provided tube top day and night. You could also transition into a supportive bra with no underwire.
- There will be small pieces of tape over the incisions, eliminating the need for any wound care.
- Stay nicotine free for three weeks after surgery, as nicotine can adversely affect your ability to heal.

2 to 7 days following surgery

During this time you can expect to slowly progress day by day.

- Dr. Lowenstein will advise you as to when you can begin to drive and return to work or a regular routine at home.
- Continue a well-balanced diet with adequate hydration.
- Avoid exposure to sun and heat.
- Continue to take prescribed medications as directed.
- Transition from prescribed pain medication to an over the counter alternative. Dr. Lowenstein can guide you with this.
- Keep wearing provided tube top day and night. You could also transition into a supportive bra with no underwire.
- Keep doing your expansion exercises twice per day.
- Do not sleep on your stomach.
- Avoid exercise except for walking. Leisurely daily walks will help you feel better and prevent blood clots.
- Continue no smoking and no alcohol.
- Continue not to take blood thinning medications. See provided list (Aspirin, Advil, Aleve etc).

1 to 4 weeks following surgery

Healing is a gradual process. It is normal to feel discouraged while waiting for swelling, bruising, discomfort, and numbness to diminish. Extra rest, a nutritious diet, and avoidance of stress are important aids to recovery. Once cleared by Dr. Lowenstein, you may take Aspirin, Advil, Aleve etc (see list) at this time.

- Maintain a well balanced diet, use of sun block, and rest.
- Continue your expansion exercises.
- Tape over incisions will fall off 2-3 weeks after surgery.
- Keep wearing supportive bra day and night.
- Do not sleep on your stomach.
- Continue to avoid exposure to sun and heat.
- Once cleared through Dr. Lowenstein, you may begin to ease into your workout routine.
- Continue no smoking.

4 to 6 weeks following surgery

Overall swelling continues to subside and you will begin to settle into your natural appearance. Tenderness, tightness, skin numbness, or bruising (if remaining) will continue to diminish.

- You may now sleep on your stomach.
- You may submerge your body in water, following complete healing of your incisions.

The first year

Continued refinements in the appearance of your breasts may take up to a year. Your breasts will soften and settle. Appearances continue to change with age. Just as other areas of your body may change with age, so can your breasts.

- If you notice any signs of increasing firmness of one or both breasts, please call our office.
- Continue the expansion exercises.
- Call our office if your scar becomes raised and/or ropy.
- Avoid direct sun exposure to scars the first year.
- Continue your monthly self breast exams and mammograms as your primary care doctor recommends.
- Call our office if you notice a stitch coming up like a bristle brush along your scar. If the area around the stitch looks red and irritated, you may need antibiotics.
- When you have implants you will need to take antibiotics for 2 days when you go to the dentist, starting day before your appointment. Call our office and we'll call a prescription into your pharmacy.

Please be sure to call us if you have any questions or concerns.

Signature: _____ **Date:** _____

Witness: _____

**MEDICATIONS TO DISCONTINUE 10 DAYS PRIOR SURGERY THROUGH 7 DAYS
AFTER SURGERY**

Please read the labels of any medications you are taking. If you are unsure whether or not you can take a particular, please give the doctor or nurse the name of the medication. Please notify us of ANY and ALL medications you are currently taking, including over the counter medicines. You must discontinue any herbal remedies and supplements.

Advil,	Coricidin,	Goody's headache	Soma,
Aleve,	Coumadin,	powder and tablets,	Tolectin,
Alka Seltzer,	Darvon,	Ibuprofen,	Toradol,
Alcohol,	Dicumarol,	Indomethacin	Trandate,
Anacin,	Disalcid,	Lodine,	Trental,
Anaprox,	Dolobid,	Lovenox,	Trilisate,
Ansaid,	Dristan,	Meclomen,	Vanquish,
Aspirin,	Duradyne,	Medipren,	Vicoprofen,
BC Tablets or	Dristan,	Midol,	Vitamin E,
powder,	Easprin,	Monogesic,	Voltaren,
BC Cold powder,	Ecotrin,	Motrin,	Warfarin,
Brufen,	Empirin,	Naprosyn,	Wesprin,
Bufferin,	Equagesic,	Pepto Bismal,	Zavtrin,
Buffex,	Enoxaparin,	Percodan,	Zoprin
Cama arthritis pain	Excedrin,	Persantine,	
reliever,	Feldene,	Robaxisal,	
Celebrex,	Florinal,	Rufen,	
Cephalgesics,	Flurbiprofen sodium,	Salflex,	
Cogesprin,	4 Way cold tablets,	Sine Aid,	

The diet drug know as Phen-Fed is marketed under the following generic and brand names. If you are on any of these drugs please inform this office. You must be off these drugs for at least two weeks prior to surgery, or your surgery will be cancelled.

PHENTERMINE	Phentride	Zantryl
Adipex-P	Phentride Caplets	Ephedra
Duromine	Phentrol	Ephedra
Fastin	Phentrol-2	Ephedrine
Oby-Mat	Phentrol-3	MaHuang
Oby-Nix	Phentrol-5	Meridia
Panshape	Teramin	St. John's Wort
Phentercot	Wilpower	