



1909 Mallory Lane, Suite 104  
Franklin, TN 37067

**John Reagan Moore, M.D.**  
**Konrad Sarosiek, M.D.**  
[www.coolspringsplasticsurgery.net](http://www.coolspringsplasticsurgery.net)

620 Church Street East  
Brentwood, TN 37027

## Breast Implant Exchange

Thank you very much for allowing us to perform your surgery. Please call us at any time if instructions are not clear or issues are not addressed in this instruction sheet.

### **WHAT TO EXPECT**

Mild diffuse swelling. Increased pain with getting up and down. You may have bulb drains - they should have watery pink to red drainage. Your appetite may be decreased. You may have mild temperature elevation. You may have mid-chest pain. Your chest might feel tight from the stretch of the implant.

If you are wearing a breast band after surgery, you may remove it to shower the day after surgery. Wear it continuously otherwise. Some patients may not need to wear a breast band depending on how high their implants are sitting.

Pain medication and general anesthesia can cause constipation. It is helpful to begin a stool softener, such as Colace, a few days before surgery. If constipation is a problem after surgery, you may use a glycerin suppository or Fleet enema.

### **WHAT TO DO**

Take frequent short walks to help your circulation and to decrease the risk of blood clot formation in the legs. Walking also helps your breathing. Take frequent deep breaths. Drink abundant clear fluids. You may eat solids if you are hungry - light fare at first. Do not take your pain medications on an empty stomach. Eat a light snack, such as crackers, about 30 minutes before you take your medication.

You may shower three days after surgery; blot dressings dry and replace the surgi-bra after showering. You may reinforce the dressings if there is drainage from the wounds.

### **RESTRICTIONS**

No heavy lifting (>5 lbs), vigorous activity, or straining for six weeks.  
No tub bathing until cleared by physician.  
No use of heating pads.

### **WHEN TO CALL**

If you develop severe shortness of breath or chest pain – call 911, then notify physician.  
If you run a fever, or have chills – call our office.  
If you have markedly increased pain, bruising, swelling or bloody drainage– call our office.  
If you develop leg swelling or pain – call our office.  
If you have persistent nausea or vomiting – call our office.  
If you are uncertain about a medication or treatment – call our office.  
If you are experiencing any adverse symptoms or changes that you do not understand – call our office.

### **Phone Numbers:**

Cool Spring Plastic Surgery Office – 615-771-7718  
Dr. Moore's Cell Phone – 615-476-2784  
Dr. Sarosiek's Cell- 215-910-1187

\*In the event of an emergency, please call, do not text