



# Renaissance Clinique

*Beauty through Art, Science & Technology*

## **Capsulectomy Post-Operative Instructions**

1. After getting home, continue resting comfortably for the next 24 hours with your head elevated. Sleep on your back with 3 to 4 pillows behind your head and back.
2. To help minimize swelling and discomfort, you may apply ice cold compresses to the sides of your breasts during the next 24 hours after surgery.
3. If you experience pain, please take your prescribed pain medication as directed. This medication should be taken with food to prevent nausea. Tylenol (Acetaminophen) may be taken in the place of your prescription.
4. You will also be discharged with an oral antibiotic that should be taken through its full cycle as directed.
5. If you were on the Vita Medica supplement plan you may resume after getting home. No other medication should be taken for the first 10 days after surgery. Avoid alcohol while taking any medications.
6. Call your doctors office immediately if you experience any of the following symptoms: Temperature above 101.8°F, shakes and chills, severe unrelieved pain, or bright red blood from the incision site or sudden onset of significant swelling of one or both breasts.
8. Drink plenty of fluids. It is easy to become dehydrated after surgery. Dehydration may cause nausea and dizziness.
9. A surgical bra and some gauze has been placed on you. You may or may not have Epifoam (spongy-like pad) placed around the edge of your breast(s). If you do, you are to leave it in place for the next 24 hours after surgery until you see your doctor or if otherwise directed by your doctor. Further instructions will be given.  
  
If you do not have an appointment the following day, your doctor will instruct you on how to carefully remove the bra and gauze yourself 24 hours after surgery.
10. You may shower 24 hours after your surgery using a mild, gentle soap over the incision site. Be sure to carefully pat the area dry with a clean, soft towel. Then put your surgical bra on again. Your doctor or nurse will explain further care of the surgical site to you upon your first post-operative visit.



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10. If there is tape (Steri-Strips) on your skin, leave these in place. The doctor will decide when to remove them, usually on your second post op visit. The Steri-Strips are placed with glue so do not worry about them falling off.
11. You may hear or feel swishing, sloshing or squeaking sound coming from your breasts for the first week or two. This is normal. It is an antibiotic that will slowly be absorbed by your body.
12. Do not be alarmed if there are slight differences between your breasts with regard to size, shape, sensitivity of other characteristics. It may take several weeks to months to completely even out. These are usually the result of swelling and activity differences between each side.
13. You can expect edema (swelling) and ecchymosis (bruising) of the surgical area post-operatively. The amount of swelling and bruising varies with each individual.
14. Do not engage in any strenuous activities for the next 24 hours. Exertion that elevates blood pressure can cause bleeding. You may resume light exercise and or your normal activities after your first post operative visit with your doctor.
15. Avoid direct sun exposure to your breasts for three weeks after surgery.
16. Be aware that smoking or the use of unauthorized medications can lead to complications and jeopardize the results of your surgery.