



BREAST IMPLANT REMOVAL

What is Breast Implant removal?

If you have previously had breast implants to enhance the size of your breasts, but you have now decided you don't want them anymore, they can be surgically removed.

There may also be medical reasons why a breast augmentation needs to be reversed, or you might just want to change the size, shape or feel of your breasts. If so then new different sized implants can be inserted following removal of your original implants.

What does this involve?

The operation normally takes about an hour and is carried out either under a local anaesthetic or under general anaesthetic, which means you will be asleep throughout the procedure. Your current implants will sit either directly under the breast tissue or deeper behind the breast muscle. They will be removed through your original incisions made underneath your breasts or around the areola. The incisions may be slightly longer than your original incisions. Depending on the exact type of surgery you had, further surgery such as a breast uplift, might be required following the implant removal and/or replacement.

When will I recover?

After breast implant removal you are likely to have some discomfort, swelling, bruising, hardness and pain/twinges in the breasts. These are temporary and should subside after the first few weeks. It may take several months for the shape of your breast to settle.

You should follow your surgeon's advice regarding how long to avoid driving but you certainly should not begin driving again until you are confident that you can safely perform an emergency stop without experiencing any discomfort. You must avoid strenuous exercise, heavy lifting, swimming and vacuuming for four to six weeks after surgery.

Your surgeon will advise you as to how long you will be required to wear your support bra and whether it is to be worn day and night. You must avoid wearing an under wired bra until you are informed otherwise.

What risks should I know about?

Breast implant removal is a commonly performed and generally safe procedure, however, all surgery carries an element of risk.

The possible complications of any surgery can include an unexpected reaction to the local anaesthetic or general anaesthetic, excessive bleeding, developing a blood clot (usually in a vein in the lower leg, known as a DVT - deep vein thrombosis) and infection.

You may experience changes in sensation in different parts of the breast including the nipple - these areas may become more or less sensitive than before. These changes are usually temporary, but can last for up to six months. Occasionally numbness can be permanent.

A small number of patients can develop thick, red and painful scars that may take years to improve.

PRE-OPERATIVE PREPARATIONS

1. We would recommend you start taking Arnica anti-bruising tablets (Holland & Barratt). 2 tablets three times a day 2 weeks before and after surgery.
2. Avoid aspirin, Ibuprofen, Neurofen and other similar painkillers 1 week before surgery and for **two weeks after surgery**. Paracetamol is the safest painkiller to take, if necessary.
3. Stop Vitamin E and its compounds such as evening primrose oil and fish oils, also garlic and garlic capsules, one week before surgery and for **two weeks after surgery**.
4. Preferably, stop the contraceptive pill and HRT 4 weeks before surgery.
5. Shower with Hibiscrub antiseptic liquid soap (provided) the day before and on the morning of your surgery before coming into hospital. If having facial surgery, use the Hibiscrub on the hair as well. **Do not apply moisturiser after showering**.
6. Brazilian/Z Bras – for breast procedures, these can be purchased from CC Kat Aesthetics on 0845 373 1818 or from www.cckat.com

POST OP INSTRUCTIONS FOR REMOVAL OF BREAST IMPLANTS

Instructions

- On the day of discharge the sports bra is worn over the dressings to be worn day and night for the first 2 weeks.
- Gentle shower is allowed and pat dressings dry
- Paracetamol may be taken as the local anaesthetic wears off.

Dressings

- Appointment approximately one week after surgery when the tape under the breasts is removed
- Wound is allowed to get wet after this
- A gentle shower
- Bathing from 3rd week onwards

Activities

- No strenuous activities for the first two weeks.

General scar care for first 3 months

- Micropore tape to the scars – once well healed - for at least 3 months
- The micropore tape is to stay on for showering and baths and simply patted dry and not to be changed until it is very loose and almost falling off by itself. Frequent removal of the micropore tape can irritate the scar
- Moisturise the scar after the first 3 months
- Moisturise the surrounding breast skin

If you experience any problems or have any queries following your surgery please call the clinic on 0845 3731818 (Mon-Fri 8am-5pm), or call Natasha on 07595 278223 out of hours, or alternatively call BMI Priory hospital on 0121 440 2323 who can put you in contact with Mrs Kat.

For a life more beautiful...



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