

**J. Jason Wendel, M.D.**

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# Recovery Instructions

**Capsulectomy, Breast Implant Removal & Breast Lift (“Trifecta”) Surgery**

This is an outpatient surgery.

Have someone drive you home after surgery and help you at home for 1-2 days.

Get plenty of rest; follow a balanced diet.

Decreased activity and pain medication may promote constipation, so you may want to add more fresh fruit to your diet, and be sure to drink plenty of fluids.

Prior to your surgery, pain medication will be prescribed by Dr. Wendel and sent in electronically to your pharmacy.

Take pain medication as prescribed. Do not take aspirin or any products containing aspirin until approved by your physician.

Do not drink alcohol when taking pain medication.

If you are taking vitamins with iron, resume these as tolerated.

Do not smoke, as smoking delays healing and increases the risk of complications.

Bring a pillow to pad your chest while wearing a seatbelt.

**Activities**

Walk as soon as possible, as this helps reduce swelling and lowers the chance of blood clots.

Do not drive until you are no longer taking narcotic pain medications.

Do not drive until you have full range of motion with your arms.

Refrain from vigorous activity for 4-6 weeks. Increase activity gradually as tolerated.

You may start range of motion immediately but avoid excessive use of arms for 5-7 days.

Avoid lifting more than 10 pounds for 2 weeks.

Resume social and activities in approximately 1-2 weeks.

Refrain from physical contact with breasts for 4 weeks.

Avoid body contact sports for 6-8 weeks.

Social and employment activities can be resumed in 3-10 days (depending on your occupation).

No submerging incisions under any type of water including but not limited to the ocean, pools, hot tubs, and baths for 6 weeks.

Physical therapy is not typically necessary for this procedure.

Return to work in 1-2 weeks.

**Incision Care**

Usually the same incision or a lower breast crease incision will be used for breast implant removal.

You may shower 72 hours after the day of surgery.

You may remove surgical garment(s) to sponge bathe and/or shower.

Avoid exposing scars to the sun for at least 12 months.

Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).

Keep steri-strips and/or surgical glue in place.

Keep incisions clean, dry and inspect daily for signs of infection.

No tub soaking while sutures or drains are in place.

Wear the surgical garment/bra provided to you for 72 hours. You will then need to change into a bra recommended to you on the “Breast Surgery Post Op Bra” document provided to you at your pre op appointment. (*Dr. Wendel may let you change to a sports bra after the first visit. The sports bra needs to have a front closure with formed cups – not flat front.*)

Avoid bras with stays or underwire bras for 6 weeks, unless Dr. Wendel instructs you otherwise.

You may cover the incisions with dry gauze for comfort. Panty liners also work well as they are absorbent and inexpensive.

If your breast skin is exceedingly dry after surgery, you can apply a moisturizer twice a day, though be sure to keep the suture area and steri-strips dry.

Refrain from sleeping on your stomach for 6 weeks.

### **What to Expect**

Drainage tubes may be necessary.

The incisions will be taped with steri-strips. Leave these in place until they fall off themselves or need to be changed. You can expect drainage onto the steri-strips.

After having surgery, it is expected you will experience some pain and discomfort even with pain medications. This is a normal part of recovery.

Maximum discomfort will occur the first few days after surgery.

You may experience temporary soreness, bruising, swelling and tightness in the breasts, as well as discomfort along the incisions.

You may experience some numbness and/or a burning sensation in the nipples for several weeks. This usually subsides as your body recovers.

Your first menstruation following surgery may cause your breasts to swell and hurt.

You may have random, shooting pains for several months.

### **Appearance**

Any discoloration and swelling will subside in 2-4 weeks.

Your breasts will feel firm to the touch initially but will soften with time.

A more natural shape will occur as the breasts “settle” in a slightly lower position over the first few months.

Scars will be reddened for 6 months. After that, they will gradually fade and soften.

### **Follow-Up Care**

Sutures will be dissolvable and will be clipped to skin level on the first or second clinic appointment.

Instructions regarding surgical glue removal and scar gel treatment/application will be provided at your post op appointment.

Staples may be used for your surgery and are typically removed 2-3 weeks after surgery.

### **When to Call**

If you have increased swelling or bruising.

If swelling and redness persist after a few days.

If you have increased redness along the incision.

If you have severe or increased pain not relieved by medication.

If you have any side effects to medications; such as, rash, nausea, headache, vomiting.

If you have an oral temperature over 100.4 degrees.

If you have any yellowish or greenish drainage from the incisions or notice a foul odor.

If you have bleeding from the incisions that is difficult to control with light pressure.

If you have loss of feeling or motion.

### **Managing Refill Prescriptions**

For prescription refills, please contact our office during business hours (615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m.

PLEASE NOTE: We are unable to refill pain medication of any kind after hours or on weekends.

Messages received after hours or on weekends will be processed the next business day.

### **For Medical Questions, Please Call:**

(615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.