



TAROLA PLASTIC SURGERY
NICHOLAS A. TAROLA, MD

Second Stage Breast Reconstruction (Implant Exchange)

- Please follow general post-operative instructions
- It is very important to rest initially, but you must walk right away. Resume light activity in 3-5 days. Avoid strenuous activity and heavy lifting for 4-6 weeks. Do not lift more than 10 lbs.
- You may remove the wrap the day following surgery. At that time you will be able to shower. Pat tapes dry. Do not submerge incisions or tapes.
- Wear a sports or soft cup bra at all times for 4 weeks. You may remove this to shower daily.
- No underwire bra for 6 weeks.
- Do not use ice or heating pads on surgical sites.
- You will be given instructions at your first post-operative visit on implant massage.