



INLAND INSTITUTE

ORAL AND MAXILLO-FACIAL SURGERY
COSMETIC SURGERY

1333 E. Foothill Boulevard, Suite 1 ❖ Upland, CA 91786
Phone (909) 982-8888

Endoscopic Capsulotomy or Capsulorrhophy

Dressing - Tape is to remain on the breasts for seven days. If tape edges start to come loose, they may be trimmed as needed. We will remove the tape at your one week follow-up appointment. You should shower daily and lather the tape with soap and water. Do not soak incisions in water. The tape can be dried by blotting with dry towel or by using a hairdryer at a low setting (do not use the heat setting). Your bra should be washed and dried daily to avoid infection.

Sutures - Dissolve in about two weeks.

Wound Care - Tape should be cleaned daily in the shower by lathering with soap and water. The tape can be dried by blotting with a dry towel or using a hairdryer at a low setting (do not use the heat setting). After the tape is removed, the incisions are to be cleaned with diluted peroxide and coated with antibiotic ointment or scarguard as instructed.

Activity - Increase activity as tolerated with no heavy exercise or lifting for at least two weeks. Do not lift anything more than 5 lbs the first week. Do not lift anything more than 10 lbs the second week. Do not raise your elbows above your shoulders for one week. No bouncing activity for 6 weeks (ex. Jogging, horseback riding). Doing these things will help prevent your implants from shifting upward. Avoid driving while still taking prescription pain medication.

Special Instructions - Continue wearing the bra you were currently wearing unless otherwise instructed.

What to expect - Swelling, bruising and some bloody drainage is normal. As numbness subsides, it is common to feel tingling or sharp sensations. These sensations will eventually go away, however it may take months to resolve.

Signs of Hematoma - Painful extreme swelling and hardness often accompanied by bruising, usually unilateral causing asymmetry. Please notify us if you have any symptoms you are concerned with.