

**Mike E. Gonce, MD, PC**  
*Gonce Cosmetic Surgery Center*  
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## **POST-OPERATIVE CAPSULOTOMY/CAPSULECTOMY SURGERY**

- On the evening after surgery relax, sleep, and do not over do it. Keep your head elevated on a pillow if need be.
- The pain medication prescribed may make you feel nauseated. Eat/drink something to coat your stomach before taking the prescription medication for nausea. You may also take Benadryl if you experience itching. If you develop a rash, however, please call the office ASAP or go to the nearest emergency room because it may be an allergic reaction.
- You need to stay wrapped in the ace bandages until you see Dr. Gonce the following day after surgery. If you do not return the following day, you may unwrap and switch to a sports bra for the next 2 days. Then, begin wearing a regular bra with no underwire unless otherwise advised. A sports bra is adequate to wear.
- DO NOT massage the breasts unless otherwise instructed.
- You may take a shower the day after surgery after your appointment. The steri-strips can get wet, but they CANNOT tolerate being submerged under water. NO swimming, hot tubs/jacuzzi, etc.
- DO NOT lift anything over 10 pounds or do any physical activities for at least 10 days-2 weeks. You may begin very light exercises after the first 2 weeks, but no strenuous exercising for 4 weeks. If it hurts, don't do it.
- During the first few days after surgery, you may have minor bleeding at the incision sites. You may also have bruising to the breasts and the areas around the breasts. This is normal and will resolve.
- You may call the office phone number after hours for help. For emergencies, proceed to the nearest emergency room or call 911.

I hereby acknowledge receipt of post procedure instructions. I have read them and understand them.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_