

Robert Louton, MD

BLAIR PLASTIC SURGERY

CAPSULAR CONTRACTURE - FACT SHEET

1. DO NOT sunburn or suntan the surgical area before procedure.
2. DO NOT sunburn or suntan scar for one year postop.
3. Restrict arm activity; no arm movement on the affected arm above 45 degrees for 1 week (i.e., ironing)
4. No heavy lifting by the affected arm for 1 week (i.e., nothing over 10 pounds such as a toddler or bag of groceries)
5. Keep head of bed elevated for 3 days following surgery.
6. You will have tape over your incision, don't remove it and don't get it wet.
7. You may drive the day after surgery if not taking pain medications.
8. Please wear postop bra for 1 week following surgery.
9. Return to normal activity in 2 weeks following surgery.
10. Return to Dr. Louton's office _____. Call for appointment.

To prevent bacterial infection of your implant, it is highly recommended that you have prophylactic antibiotic treatment for any dental, tattooing, endoscopic, sinus or invasive procedures performed. Please inform Dr. Louton of any procedures requiring treatment.

MEDICATIONS:

1. If an antibiotic is prescribed for you, make sure you take the medication exactly as ordered. Take all the pills you are given.
2. If a pain medication is prescribed for you, take the medication when needed every 3-4 hours for discomfort.

Watch closely for signs of infection

- a. If wound becomes red, swollen, tender or hot to touch.
- b. If red streaks are seen coming from the operative area.
- c. If you develop a fever.
- d. If the wound breaks open or begins draining.
- e. If there is a constant or increasing pain at wound site.

Please notify Dr. Louton for any problems day or night at (814) 949-7280.