

YOUR SURGERY CHECKLIST



be good to yourself

Preparing for surgery? this is for you

from the team at PIP ACTION CAMPAIGN

Surgery of any kind is a trauma for the body and the healing process takes time (we read somewhere average 3 months), please take extra good care of yourself in the first few days and weeks after surgery it makes a big difference to healing and outcome.

Help and support your self-healing, with nutritious meals and plenty of rest. Stop smoking. Drink plenty of water, this assists your body to eliminate anaesthetics and helps with detoxification.

The bandages and bras help, so follow your after-care instructions.

No peeling or peaking. Patience, pain-management and positive thinking! Any concerns at all, call your clinic nurse for

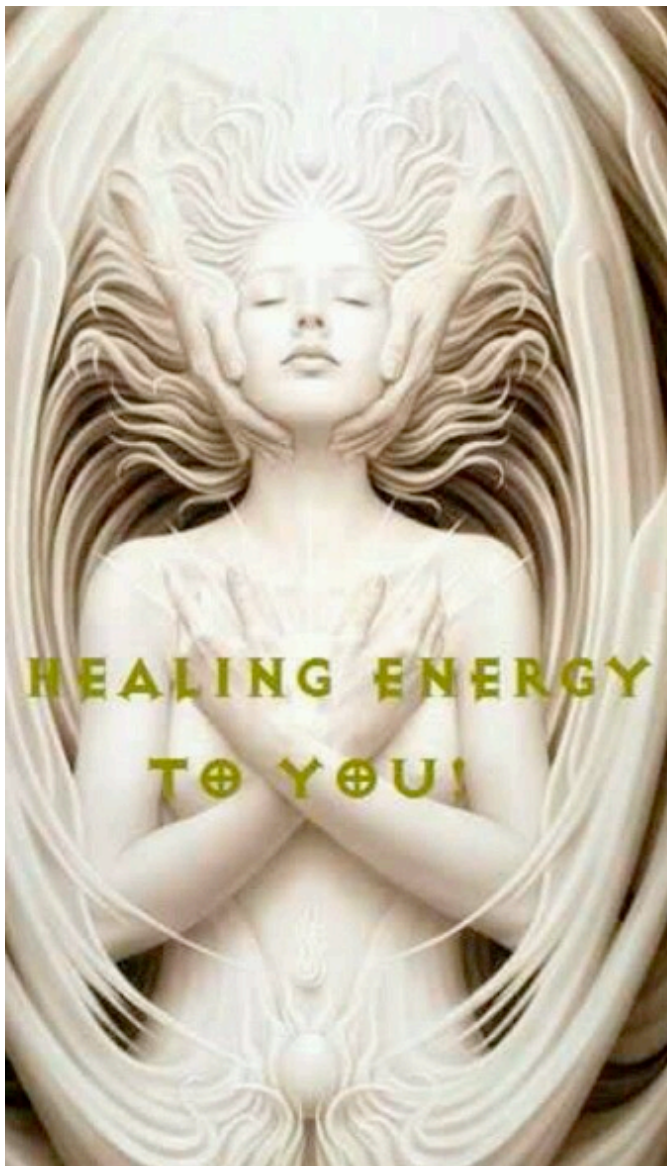
help, advice or reassurance. Keep the number handy ... and use it!

We are a good place for support and advice ... and a good place to let off steam. We have all been traumatised by PIP implants. When they are out the rush of relief is palpable and strong emotions come to the surface. We can take it, so let us have it! We know how you feel.

Enjoy some mindless daytime tv and spare a thought for all those still waiting for surgery.

Most importantly of all marvel at your body's ability to heal and work with it. You're a team of mind and body, both need comfort. If you need any help or reassurance, you know where we are.

[PIP ACTION CAMPAIGN on Facebook](#)



sometimes,
it takes balls
to be a woman.

Things to Prepare a really useful guide

Pre-surgery preparations

- ★ Give up smoking a couple of weeks before surgery as smoking delays healing and increases the risk of complications. *(If you really can't stop then at least try to cut down)*
- ★ Do ask your Surgeon if you will be on antibiotics after surgery
- ★ Invest in some [Arnica](#) these help to assist you in a quick recovery and great help with bruising
Also invest in some Bio-oil / Vitamin E oil as this helps with the scarring

It's important to have support immediately after surgery. Arrange the following ;

- ★ Buy your Bra for post- surgery
- ★ Arrange for someone to look after you and your children
- ★ If you are going home the same day as the surgery, you will need to plan for someone to drive you home.
- ★ Have a few comfortable oversized shirts that open from the front on hand, as well as some loose elastic or drawstring sweat pants or pyjama bottoms.
- ★ Have lots of pillows on hand as its important to be sleeping propped up.

Pre and post surgery links & info

a really useful guide

You will usually be asked to not eat or drink anything after midnight the night before surgery and to take loose clothing, including a loose-fitting bra without under-wire, to wear after surgery.

*** Don't forget to take some magazines / I-pod / good book in case you have a long wait before you go down for surgery. Remember to ask the surgeon for photos*

Choosing a bra

A good compression bra is not only very comfortable, it aids the healing process....mine became my best friends for the early months after surgery. I had a Macom and Amoena compression bra and although quite costly I found them very comfortable, easy to put on and off and did not begrudge the expense x x

"" With limited information out there and the toughest decisions we have to make, finding a bra for post- surgery...whether it is Explant only surgery, Explant with uplift or R&R this is just one other thing to add to the complications we face. Included here are links to some websites that I found when I was on my journey. I hope you find them useful x x Ange Jones

After Surgery

To get the best results, follow the after-care advice of your surgeon. You will usually need to attend a series of post-operative appointments so your surgeon can check your recovery. Following breast implant surgery, Avoid:

- Getting your wounds wet for one week
- Sleeping face down for one month
- Physical exercise for four weeks
- Heavy lifting for three to four weeks
- Driving for at least one week or until you can perform an emergency stop without discomfort

You will experience some pain, swelling and bruising immediately after breast implant surgery** Your chest may feel tight and your breathing may be restricted. This is normal and your symptoms will start to improve over the next few weeks. You will usually rest at the hospital or clinic in a semi-upright position. This will help keep you comfortable and minimize swelling. You will be given painkillers if you need them. After returning home, you can continue to take over-the-counter painkillers, such as paracetamol or ibuprofen.

** Arnica will help with this

- Make sure you keep a record of the details of your breast implants.
- You should make a note of the: Manufacturer / style / serial number / batch number
- If your surgeon does not provide you with this information you should ask for it and keep it in a safe place."
- Ask for photo's of your implants
- You will need to avoid reaching or lifting of any kind for at least a week and for as long as two weeks.
- Wear your surgical bra 24/7 until your first postoperative visit
- Avoid under-wire bras for 6 weeks.
- Refrain from sleeping on your stomach for 6 weeks.
- Walk around as soon as you are able while recovering from Explant surgery. This will help prevent blood clots and can also help relieve swelling.

Recovery & Healing

a really useful guide

Looking after your stitches / scars

Although it is important to keep the breast area clean throughout the healing process, to avoid infections, breast implant removal patients should not submerge their incisions in a bath, swimming pool or other body of water until the breasts have completely healed. Bio-oil or Vitamin E oil is excellent for helping your scars .

[How Can I Help The Scar Healing Process?](#)

[A Bio-Oil® guide to Scars](#)

[How to Use Vitamin E to Reduce Scars](#)

*** A good tip for keeping your stitches dry. Grab yourself a hair-dryer and on a cool setting dry your stitches, that way you know they are completely dry.*

Check List

- Dressing Gown
- Slippers
- Front fastening surgery Bra
- Front Fastening Pyjamas
- Antibiotics
- Arnica
- Bio-oil / Vitamin E oil
- Painkillers
- Magazines-Books -I-pod
- Complete Adverse Incident
- Request photos of your Implants

Related Links

- [Your Guide to Buying a Post Surgery Bra](#)
- [16 Tips On How To Optimally Prepare For Surgery](#)
- [After Breast Lift Surgery: Pain, Scars, Bras and Exercise](#)
- [Breast Reduction Recovery](#)
- [Breast implant removal results- how will I look after I remove my breast implants?](#)
- [Surgery recovery tips](#)
- [Wound and scar care](#)
- [Supplements](#)
- [Complete adverse Incident](#)

Shopping Links

- [Macom Breast Surgery Bra](#)
- [Amoena Revcovery Care Bra](#)
- [Bras for after Breast Implant Removal Surgery](#)

You can also find cheaper Surgery Bras on Amazon

[Gorgeous Petite Lingerie](#)

[Explant Info](#) *“is for the express purpose of helping others with their Breast Implant choices explanting, helping ladies with the support needed to make this decision and in the recovery of their health after removing their Breast Implants, both emotionally and physically”*

Lynne Hayes.

PIP Action Campaign

supporting the victims of health fraud

More reading ...

[SILICONE SENSITIVITY TEST](#)

There is a widely held belief that silicone is completely harmless in the body. Yet women all over the world are reporting symptoms that appear to be linked to silicone sensitivity. If you are considering replacing your PIP implants but have concerns about silicone sensitivity, you may like to consider taking a silicone sensitivity test.

[Breast capsulotomy or capsulectomy](#) are surgical procedures which remove or release the capsule that surrounds breast implants.

[PIP IMPLANT ANALYSIS](#) The World's Largest Independent PIP Analysis Study how to take part.

[En BLOC REMOVING](#) implant capsules

If the P.I.P. implant has ruptured I would advise removal but perhaps not immediate replacement.

The breast may take time to recover from the irritation and inflammation associated with a ruptured implant, this may take up to three months. Therefore a second operation may be required. Immediate replacement of the implants is usually possible following an en-bloc removal of the implants. An en-bloc removal means the surrounding capsule is removed with the implant. This will ensure that silicone which has leaked out of a ruptured implant will be completely removed. It also minimises the risk of gel spillage with contamination of the breast tissue during the operation. An en-bloc removal is a bigger operation with slightly greater risk, however it may be the procedure of choice in many cases because:-

- It achieves the most complete removal of the silicone gel*
- It allows immediate implant replacement if this is the patients wish*

[PIP Action Campaign's SIMPLE GUIDE TO PIP IMPLANTS](#)

Finding out you have PIP implants comes as a terrible shock to most women. Especially if you have been suffering a constellation of symptoms that you now realize are very probably linked to the toxic implants in your body. You will find our Simple Guide is packed with helpful information and useful links on all aspects of PIP implants and provides answers to all the frequently asked questions.

PIP Action Campaign is a social networking group of members and a team of dedicated volunteers, all directly affected by PIP implants.