

## Instructions for the Rest of Your Life

- Keep your implant cards (the card that has the size, lot number, and serial number of your implants) with your important papers – such as your S.S. card, birth and marriage certificates.
- Lay on your implants for at least 2 hours at night FOREVER.
- Squeeze your breasts daily FOREVER.
- Take Vitamin E 800 -1000 u daily FOREVER.
- Avoid mouth of nipple contact for 3 months (infection prevention).
- Do not have your nipples pierced.
- Take Prophylactic antibiotics before dental appointments including cleanings.
- Expect to have an occasional twinge of discomfort, usually this is just normal aches and pains of the chest wall and has nothing to do with the implants.
- Wear a good bra (sturdy, non-elastic straps) daily to support the weight of the implants. As you age, the breasts have a tendency to fall, which can often be accelerated by the weight of the implants. Some of this may be avoided by wearing a bra as often as possible especially when doing impact sporting activities.
- Sometimes it can be difficult to find a good bra. We recommend Playtex, Bali, Hanes Her Way, or Curvation (Wal-Mart) bras. You may also visit [BraSmyth.com](http://BraSmyth.com) or can call 800-BRA (272)-9466 for a catalog.
- If you begin to feel that the breasts are becoming more firm or developing a capsule, you should come in for an evaluation as soon as possible. Medical treatment for capsules is more likely to be effective if treated early. If you have a deflation, you should come in for an evaluation as soon as possible.
- If you have silicone implants, the FDA recommends you have a MRI every 3 years.
- Dr. Bigelow will provide follow up office visits for evaluation of your implants for life at no charge.