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COSMETIC SURGERY

**BREAST IMPLANT FOLLOW-UP INFORMATION AND INSTRUCTIONS**

**COSMETIC**

- Wrinkles and folds: these are felt and rarely visible almost always after any kind of breast augmentation and may take several months to appear. This is normal. Dr. R will teach you to distinguish these from your normal breast tissue.
- Shape: This gets better months to even years after surgery. The upper part of the breast will develop a graceful slope and the bottom will round out.
- Sloshing and squishing noises will often be heard or felt for up to 3 months after surgery. This is due to some fluid and air around the implant and this eventually becomes absorbed and disappears.

**EXERCISE.** You can begin this slowly beginning about 3 weeks after surgery as per Dr. Romano.

- Upper body: perform minimal exercises to the upper body and do this for toning only.
- For the rest of your life, do not exercise your pectoral muscles excessively.
- After 3 months, when jogging or exercising always wear at least TWO very tight jogging bras or better, use the “Panache” brand sports bra.

**CONTRACTURE.** This can occur at any time, on either breast for almost no reason at all.

- Massage: this needs to be done for the rest of your life and is easy. Start this about 10-14 days after your surgery once cleared by Dr. Romano. Perform the FOUR STEPS at least 2 times a day for 3 months, then once a day after that.
- The test for this is to be able to pinch your breast and your fingers should almost touch. If not, you may be starting to contract. If this occurs, call the office.
- Vitamins: there is some evidence that certain vitamins and supplements decrease the potential for contracture as well as provide powerful anti-aging effects. These are Vitamin E, 1200 mg a day and Omega 3 fatty acid 2-3 grams a day as tolerated.

**MAMMOGRAMS.** Start these at least at age 30 or as Dr. Romano or your physician specifies.

- Always let the technician know you have implants and request the special techniques of Compression and Distraction .
- Request this test be done at a center specific for mammography (such as California Pacific Medical Center Breast Center, 3698 California Street, (415-600-6474, #2). Always obtain this test at a center where there is expertise in mammography and especially with breast implants in place.
- Have copies of your report sent to Dr. Romano.

**BREAST FEEDING**

- This should be normal. You may produce less milk. The impact on your breast shape is unpredictable. See the section in my website for more discussion.
- Make sure you take antibiotics during breast feeding as per your OB to decrease the risk of infection (mastitis) and contracture.

**FOLLOW UP**

- Breast Self Exam (BSE): regardless of your age, this needs to be performed monthly according to Dr. Romano and the American Cancer Society instructions. This is to get to “*know*” your anatomy.
- MRI: FDA recommends a MRI for all patients with silicone implants to be done at 3 years after surgery.