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Post Mastectomy Implant Placement:

- YOU WILL BE REQUIRED to eat a minimum of three meals a day, with meat the size of your fist or a protein shake. This should equate to 30 grams of protein every 4 hours while awake. You are required to eat even if you do not have an appetite. Please inform the office if you are nauseated. They will prescribe medication to prevent this. Protein is essential to wound healing. You will be required to stay on this diet for the next 6 weeks.
- Tight glucose control is essential to wound healing. If you have diabetes please keep tight control of your blood glucose. If you have difficulty with this please notify the office immediately.
- Please shower daily. No baths. Wash the wounds with Dove (plain or sensitive skin bar) soap and water. Rinse and pat dry. The glue in place over the incision will come off on its own in the next four weeks. Please do not pull it off. You may start showering two days after surgery.
- Do not use nicotine products. This includes any vape, nicotine packs, nicotine patches, cigarettes, or any other tobacco products. Nicotine can contribute to wound breakdown.
- Please do not take Ozempic (Semaglutide), Mounjaro (Tirzepatide), Rybelsus, Wegovy, Zepbound, any GLP-1 inhibitor, phentermine, any weight loss medication, or any medication that could delay gastric emptying without discussing with Dr. Murillo after surgery.
- No lifting, pushing, or pulling for the next three weeks. At the fourth week you may lift the equivalent of a half-gallon of milk. At the fifth week you may lift a gallon of milk. At the sixth week you may lift weights, but with caution. No restrictions after the sixth week.
- Please do not raise your arms above your head until four weeks after surgery. You may wash your hair with the elbow in line with the shoulder. Please do not raise elbows above your shoulder.
- If you plan to be a passenger in a car, please make sure to walk for 10-15 min every two hours. You may drive a week after surgery if you feel you could safely brace in an emergent situation.
- This is not a standard breast augmentation. There is no breast tissue to support the implant. We will begin implant massage four weeks after surgery. You will press the implant Up, Left, then Right. This counts as one cycle. Please do ten cycles in the morning and night for two weeks. Do not press down on the implant unless instructed to do so by Dr. Murillo.