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Exchange of Tissue Expander for Implant

- The wrap will be removed on _____, after which you may shower and pat tapes dry. Avoid taking a bath as the tapes should not be soaked.
- Begin exercise of moving the implant around in the pocket after the first post op visit. You will be given instructions on how to do this.
- You may return to normal activities in 3-5 days. Vigorous activities should be avoided for 2 weeks.
- Heavy lifting should be avoided for 4-6 weeks.
- Wear a soft cup or sports bra for 4 weeks after surgery. No underwire due to temporary numbness under the breast from the procedure.
- Do not use ice or heating pads on surgical sites.