

Preventing Infection After Breast Implant or Expander

Precautions to take



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This handout explains important precautions to take after your surgery and what procedures to avoid. It is important to follow these guidelines to help prevent infection.

Special Precautions for the First 3 Months

For 3 months after your implant or expander surgery, **do not have:**

- **Dental cleanings or other dental work** that are *elective* (optional) and not urgent
- **Procedures that involve your breathing system (respiratory tract)** including:
 - Bronchoscopy with a rigid bronchoscope
- **Procedures that involve your stomach or intestines (gastrointestinal tract)** including:
 - Sclerotherapy for esophageal varices
 - Esophageal stricture dilation
 - ERCP (endoscopic retrograde cholangiography) with biliary obstruction
 - Colonoscopy or sigmoidoscopy
- **Procedures that involve your genitals or urinary system**, including:
 - Urethral dilation

If you do not know what something on this list means, show this page to your provider **before** you schedule anything.

Exceptions

If you need one of these procedures for an urgent problem, you **must** take antibiotics before the procedure. Your primary care doctor, our clinic, or the specialist doing your procedure can give you a prescription for antibiotics.

Which antibiotic should I take?

When you schedule a procedure, call our clinic at 206.598.1217 option 2, or send a MyChart message. Ask us to send a prescription for antibiotics to your pharmacy.

- **If you are NOT allergic to penicillin:** Take 2 grams of amoxicillin or cephalexin by mouth **1 hour before** your procedure.
- **If you ARE allergic to penicillin:** Take 500 mg of azithromycin or 600 mg of clindamycin by mouth **1 hour before** your procedure.



Please call our clinic if you or your providers have any questions about your medications.

If Your Provider Has Questions

If your surgeon, primary care provider, or dentist has any questions about *prophylactic antibiotics* (medicines given **before** a procedure), please ask them to call us:

- **Center for Reconstructive Surgery at University of Washington Medical Center (UWMC):** 206.598.1217, option 2.

Procedures After 3 Months

If your implant or expander surgery was between 3 and 12 months ago, you will need to take antibiotics before having a procedure. Please call our clinic if you have any questions.

Questions?

Your questions are important. Contact your doctor or healthcare provider if you have questions or concerns.

During Clinic Hours (Monday to Friday except holidays, 8 a.m. to 5 p.m.):

If you have any questions or concerns, send a MyChart message to your surgeon. Please include a photo if needed.

You may also call the Center for Reconstructive Surgery at 206.598.1217, option 2.

Urgent Needs Outside Clinic Hours:

If you have an urgent care need after hours, on weekends, or holidays, please call 206.598.6190 and ask to speak to the plastic surgeon on call.