

Explant

This is a list of some of the questions you may ask your explant surgeon
– from the book ‘Life After Breast Implants’.

‘Life After Breast Implants’

[Available to purchase here](#)

Prepared EXPLANT patients are the best patients.

Your surgeon may ask that you have a MRI or breast X-rays prior to surgery in order to identify any abnormality with your implants and so the surgeon has a preoperative image of your breast tissue.

Mammogram is not advised due to increased risk of implant rupture.

You will usually be asked to not eat or drink anything after midnight the night before surgery and to bring loose clothing, including a tight-fitting sports/compression bra without underwire, to wear after surgery. If you are going home the same day as the surgery, you will need to plan for someone to drive you home. Further information in regards to do's and don'ts listed in 'Life After Breast Implants'.

Your surgeon should discuss with you the extent of surgery, the estimated time it will take and how they plan to treat for pain and nausea.

Questions to take with you to your Dr's appointment

1. How many breast Explant procedures and Capsulectomies do you do each year?
2. Can my implants be removed "en bloc"? Simply meaning still contained in the capsule. (En bloc is – Preferred method for PIP or Dow Corning or ruptured Implants to prevent silicone spillage into surrounding tissue)
3. What is the most common complication you encounter with Explant surgery?
4. What is your re-operation rate?
5. What is the most common type of re-operation you perform?
6. How long will I be in pain after the surgery?
7. What is my expected recovery time?
8. Will I need help at home for normal activities (e.g. bathing, housework, shopping) after the surgery and if so for about how long?
9. How long do you expect my operation to take?
10. Ask the plastic surgeon about the type of procedure will be performed if they discover your implants are ruptured? Will this delay your time in Surgery?

11. What (if any) secondary procedures associated with my Explant/breast reconstruction will be required?
12. How likely is it that I will get an infection after the surgery?
13. How much risk is there from the anaesthesia?
14. Where will my scar be?
15. Will the Explant affect my ability to breastfeed a baby?
16. What results are reasonable for me to expect?
17. Do you have before and after photos I can look at for the procedure, and are they your patients, do you have progress pictures of these patients?
18. Do you use drains? If I have drains how long will they be in for?
19. Does the plastic surgeon use antibiotics (intravenously and orally) to minimize the possibility of infection? If so, what type? When? And for how long does the surgeon believe you will need to take them after your surgery?
20. What type of pain medication does the surgeon recommend for you after surgery (intravenously and orally)? (For example, does the surgeon prescribe a “pain pump” if you are staying overnight in the hospital?) Ask about the pros and cons of different pain medicine so that you can make an informed choice.
21. Will the surgeon send your implants and scar capsules and associated tissues away to be tested?

22. When can I begin massaging my breasts?

23. When can I resume exercising?

24. Can I have my implants back for testing etc?

Be sure that you are informed of all possible risks and complications involved with the breast Explantation/Capsulectomy. So make sure you ask the plastic surgeon to outline everything for you, this includes all possible risks and all the possible complications that may occur.

If you are deciding to Explant you will no doubt have a long list of questions that you will want answered. These questions can range from how you may look after explant to how you will feel emotionally. These are valid questions that can have so many different answers, because like us our bodies are so different.

Please join our private [SUPPORT GROUP](#) for support and friendship,

Love and blessings

Lynne x

‘Life After Breast Implants’

[Available to purchase here](#)

About Lynne

When ordinary people do extraordinary things it inspires others. Lynne Hayes is such a person. One of many women in a world where image and self are in constant battle, she succumbed to the plethora of pressures and allures of the Breast Augmentation Industry. Also like many women, after experiencing serious problems with them she decided to have her implants explanted and this is the point at which her real story and ultimate legacy to other women around the world began.

Because there was no tangible organization or refuge for someone like Lynne in her situation to go to, she found herself out on a limb. There was nobody or support group to share her emotions, confusion, questions, doubts, or fears with. It was a jungle out there. She had to find her own way. So what did she do? Lynne Hayes started her own group, website and now, a book, called "Life After Breast Implants" "Life After Breast Implants" looks at the extremes women go to enhance their self esteem and to feel accepted in our society right through to the realization that in the majority of cases they are much happier and healthier when they have their implants removed. Lynne highlights the side effects of implants and what can go wrong with the procedures associated with Breast Implants and Breast Explants.

Lynne has targeted an extremely sensitive issue that affects a lot of women with a gripping, sometimes humorous and immensely informative book. It is quite surprising at the number of women that place their trust in professionals only to NOT be told everything about implants. There is a comprehensive list of questions highlighted in this book that you can ask your Doctor to make sure you understand everything before you go through these life changing surgeries. Now women in a similar situation can feel that they are not alone.

Lynne Hayes' book, "Life After Breast Implants" is a necessary read

'Life After Breast Implants'
Available to purchase here

lynne@explantinfo.com

Lynne Hayes



Explant Info private members forum found here

<http://explantinfo.com/members/>

Connect with women who are just like you!