

Preventing Infection After Breast Implant or Expander

Precautions to take

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 work** that is *elective* (optional) and non-urgent
- **Respiratory tract procedures:**
 - Bronchoscopy with a rigid bronchoscope
- **Gastrointestinal tract procedures:**
 - Sclerotherapy for esophageal varices
 - Esophageal stricture dilation
 - Endoscopic retrograde cholangiography with biliary obstruction
 - Colonoscopy or sigmoidoscopy
- **Genital and urinary tract procedures:**
 - Urethral dilation

If you are not familiar with any of the terms above, please show this handout to your provider if you are scheduling a procedure.

Exceptions

If you need one of these procedures due to an urgent issue, you **must** take antibiotics before the procedure. Your primary care doctor, our clinic, or the specialist ordering the procedure can prescribe these antibiotics.



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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, we recommend messaging your surgeon through EPIC MyChart. Please include a photo if it would help explain your concern.

Alternatively, you may 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.

Getting a Prescription for a Procedure After 3 Months

If it has been more than 3 months, but less than 12 months since your implant or expander placement and you need a procedure, you will need to take antibiotics before.

Treatment Recommendations

- 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.

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