

More Articles Like This

- Recovery Time for a Mastectomy
- How to Recover From Breast Reduction Surgery
- Recovery From Breast Reduction Surgery
- Summary of Breast Cancer
- Double Mastectomy Surgery Recovery
- Recovery From Breast Cancer
- How to Recognize the Symptoms of Breast Cancer

Ads by Google

**sonobello**  
BODY CONTOUR CENTERS

MODEL

click to learn more

**50% OFF Lipo!**

at Sono Bello.  
The Laser Assisted Liposuction Specialists

www.sonobello.com

LIVESTRONG.COM

DARE TO EAT MORE FRUITS & VEGETABLES



Fruits & veggies provide essential nutrients and keep you full longer. 5-13 servings are recommended daily. Track servings and get snacking tips.

ABOUT

In Partnership with LIVESTRONG.COM

# Breast Capsulotomy Recovery



By Mark Bingaman, eHow Contributing Writer

Article Rating: ☆☆☆☆☆ (0 Ratings)



A breast capsulotomy requires additional surgery.

According to the Cosmetic Surgery Directory's website, 15 to 20 percent of women who elect to augment their breasts experience a problem known as capsular contracture. An additional operation called a breast capsulotomy is one of the primary options available for relief of this condition, and the recovery issues for this procedure are similar to those of the initial enhancement.

## Significance

A breast capsulotomy is required when a patient who has undergone breast augmentation surgery experiences a capsular contracture of the breast. The body's immune system forms a capsule (protective wall) around what is perceived as a threat (the breast implant.) The result is a deformed breast that may cause pain, feels hard to the touch and is oddly shaped. A physician will choose between a capsulotomy to open up the wall or a capsulectomy to completely remove it.

## Procedure

A capsular contracture may occur as soon as four to six weeks after the original surgery. A capsulotomy is undertaken to achieve a softer feel to the breast and allow more room for the implant to move. "The capsule is simply open(ed) and released with an electrocautery device," says Dr. Stuart Linder, a breast revision specialist in Beverly Hills, California. "This is often used for patients who have very thin amounts of breast tissue and if you were to remove the capsule they may have tremendous visibility, palpability and a very deformed appearance to the breast."

## Time Frame

The typical procedure time for a capsulotomy is approximately one and a half hours per breast. "Postoperatively, massage, vitamin E and Accolate (an asthma medication) are often given to prevent recurrent contracture," according to the Sanctuary, a breast implant revision center in Boca Raton, Florida. The overall recovery time for revision surgery is similar to that of the initial breast augmentation; approximately one month for bruising and swelling to subside and two to three weeks before resuming extensive exercise or heavy, physical labor. Patients are advised to avoid returning to work for at least seven to 10 days.

## Considerations

Surgical dressings will be removed a few days following the procedure, and utilization of a support bra is recommended. The American Society for Aesthetic Plastic Surgery's website says that showering is permitted one to three days after the procedure but immersion of breasts in a tub or spa must be avoided for at least four weeks. Stitches that are not self-dissolving will be removed in one week, with significant bruising and swelling to be expected initially and then slowly subsiding over the course of approximately one month.

## Effects

In his book "Surgery of the Breast: Principles and Art, Volume 1," Scott L. Spears writes that pain along the incision is usually minimal due to an absence of pressure placed on the incision. However, some soreness along the pathways, as well as at the site of the capsulotomy, is likely. Muscle pain or spasms rarely occur, but extensive bruising about the breast is to be expected following the augmentation revision.

Related Ads

- Breast Photos
- Breast Cancer Awareness
- Breast Implants
- Plastic Surgery Procedure
- Breast Aug Nicole
- Breast Lift La

**THE PALAZZO**  
Las Vegas

**SIMPLY PERFECT**

SUITE PACKAGE  
FRM \$139/NIGHT

INCLUDES \$150 IN RESORT CREDITS

**BOOK NOW**

WWW.PALAZZOLASVEGAS.COM

Related Videos

Related Articles

- Recovery Time for a Mastectomy
- How to Recover From Breast Reduction Surgery
- Summary of Breast Cancer
- Double Mastectomy Surgery Recovery
- Recovery From Breast Cancer

Featured Members



**eHow**

Get the eHow™ info you want, fast. It's easy—with Internet Explorer 8. Find out more ▶

Have you done this?

I Did This