



**Subiaco**

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**Murdoch (No Mail)**

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## AUGMENTATION MAMMAPLASTY (Breast Augmentation)

### Immediately after surgery

You will wake up in the recovery room. The incision will be covered with steri-strips and Fixomull tape to support the breasts. You should be wearing your surgical support bra. A drain may be placed on each side, if deemed necessary, at the time of surgery.

If you do have drains, you will be asked to stay overnight. The drains will usually be removed on the morning after surgery however, if they have drained excessive amounts of fluid, they may be kept in for the day and removed in the evening or on rare occasions, left for an additional day. You will usually be advised to stay in hospital until the drains have been removed.

It is normal to feel tired and sore for the next 2-3 days. You may feel the extra weight pressing on your chest and breathing will take a little more effort. It is normal to feel that the breast implants are not part of your body. It takes a few weeks for your breasts to soften and feel more natural. They may also initially seem a little high. This is normal and most implants will drop a little over the first three months as the tissue stretch.

### Daily Activities

We encourage you to resume low-level activities the night of surgery. You can raise your hands above your head, but not your elbow. This includes brushing your hair and teeth and changing your own clothes however, you should remember you have just had a surgical procedure and we recommend taking things slowly and getting lots of rest. Watching television, reading and limited excursions for shopping are all fine, but avoid cleaning your house, working out or going out all day for the first 3 days, as you will tend to wear yourself out and feel the effects the next day.

Avoid any activity that causes pain or discomfort. Breasts should not be massaged or manipulated in any way for the first 4 weeks to allow the implants to settle in to the breasts and avoid displacement or rotation of the implants. You should sleep on your back if possible for the first 2 weeks.

You may shower after the first 24 hours after surgery. After showering, leave dressings intact but you should dry them thoroughly with a hairdryer on the cold setting. The dressings will be removed by our nurses at your appointment in the rooms, usually around the second week after surgery. You are then encouraged to keep the incision site supported with tape for a further 4 weeks.

Work may be resumed in 2-5 days (depending on how you feel), but avoid physical work and driving for the first week provided you're no longer taking narcotic pain medication and feel unrestricted by pain.

### Bra

You should wear your surgical support constantly for the first 4 weeks. Please ensure you have purchased your garment before your surgery date, ensuring you bring this to hospital with you, as this will be placed on you whilst in theatre.

Thereafter, you can wear the bra of your own choice though you should continue to wear the support bra when exercising for the next 2 months.



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### Exercise

You should avoid all exercise (Heart rate > 100) for the first 3 weeks as strenuous activity may increase your risk of bleeding or fluid collections during this time. For the next week after this, you can return to light exercise and can return to all normal activities and exercise at 4 weeks after surgery.

### Wound Care

Steri-strips or tape will remain for the next 2-6 weeks where possible. Thereafter, we recommend use of silicone tape (available from Assure Cosmetic Centre or your local pharmacy) over the scars for at least 3 months to reduce the risk of scar thickening. Avoid direct sunlight to the incision for 1 year. Use a sunscreen with SPF30 or greater.

### Medications

Take all medications and oral antibiotics as prescribed. Follow all instructions that may accompany the medications, such as taking with food, avoiding alcohol and driving restrictions.

### Photographs

Pre-operative photographs may usually be taken. These do not show your face. They are important aids in planning and performing surgery and become a permanent part of your patient record. Intra-operative photographs may be taken during your surgery if we are required to do so by Medicare. Post-operative photographs may also taken.

### Follow up appointment

Your first visit will be scheduled to see our nurses in the first 3-7 days. You should schedule an appointment to see your surgeon in the first 14 days.

**If you develop a sudden onset of pain, fever (oral temperature greater than 38 degrees), breast swelling/redness, nausea, vomiting, bleeding, dizziness, shortness of breath, rash, rapid heartbeat, or rapid breathing:**

- BUSINESS HOURS: Call our practice immediately on (08) 9380 0333 Monday to Friday 8:30am to 5:00pm; OR
- AFTER HOURS/PUBLIC HOLIDAYS: Call St John of God Subiaco Hospital on (08) 9382 6111 and request to be connected to your surgeon's mobile and he/she will advise on what steps to take.

Should you not understand any of the foregoing, or should you want further information, please ask. Occasional questions will arise after you have left your consultation. Feel free to call for additional information. If necessary, additional consultation visits can be scheduled. Find out all you need to know. It is our desire that all patients are fully informed.

*This information included in this sheet is general information only. Please contact the surgery on (08) 9380 0333 or alternative phone numbers as shown on your appointment card if you have any concerns regarding your post-operative recovery.*