

Breast Augmentation Postoperative Instructions

Immediately After Surgery:

- You will be in hospital overnight.
- Often, you will have a drain coming from each breast which removes any old blood or extra fluid from the operative sites. These drains will be reviewed by Dr Vrtik next morning prior to removal.
- Prior to discharge, you will need to have tolerated a meal, have minimal nausea, and emptied your bladder. Your discomfort should also be manageable by oral tablets alone without injections.
- You will be discharged from hospital with pain killers and a course of antibiotics.

Pain Medication:

- Take 2x paracetamol tablets (Panamax or Panadol) every 6 hours for the first 3-5 days.
- Take ibuprofen (nurofen or brufen) 400 mg with breakfast, lunch and dinner as required. Do not take ibuprofen on an empty stomach. Do not take ibuprofen if you have asthma, or known allergic reactions to non-steroidal anti-inflammatories such as aspirin, naproxen, naprosyn or feldene.
- For severe pain, take oxycodone (endone) or pandeine forte tablets (as instructed on the packet) if required.
- If your pain is severe and not relieved by endone, please call us.

Hygiene:

If you have been sent home with your dressings intact with foam tape:

- Do not use a shower on your torso; sponging and towelling around your dressings should be adequate. Showering the lower half of your body is okay. DO NOT get your dressings wet.
- If you would like to wash your hair, do it with your head tipped back at the basin with help (going to the hairdresser is a very good option).
- If the corners of the tapes are starting to lift – trim it back so the corners sit flat on your skin.
- If your dressings are falling off, or becoming excessively itchy – contact the office for an earlier appointment with our nurses.
- Your first postoperative appointment will be 5-7 days, at which time your dressings will be removed. BRING YOUR BRA with you to this appointment, so that our nurses can fit you into the bra.

After your dressings have been removed at 5-7days: OR

If you have been sent home without your dressings, but in the postoperative bra:

- Shower daily over your transparent surgical tapes and pat dry
- Use a hairdryer on a cool setting to dry stubborn areas such as areas under your arms or under your breasts.
- Wear your garment bra at all times between showers.

Sleeping:

You can sleep in whichever position that you are comfortable in, however, most patients are unable to lie on their sides for at least 2-3 weeks, whilst it can take up to 3 months before some can lie on their stomach. To ensure a good night sleep, make sure you take your pain medications prior to sleeping. It is not unusual to be particularly sleepy and tired after an operation or an anaesthetic. Rest is very important after breast surgery, so take time to rest as needed.

Diet:

Recovering from anaesthesia is like recovering from the flu. Start with clear liquids; then advance to soft, non-spicy foods over the next 2 days. Nausea and vomiting is not uncommon after surgery, the most important thing to do is drink plenty of fluids to keep your body hydrated. This will pass once the anaesthetic has been eliminated from your system. If you have any persistent nausea and vomiting over 48 hours after surgery, please contact the rooms.

Activity:

- You should rest quietly for the first 24 hours.
- Small, short walks around the ward or the house are encouraged to prevent clots in the legs.
- 'Potter' around for the first week, gradually increase your daily activity as the weeks go by.
- The post operative period can be an emotional time, feeling teary is normal and will pass.
- Avoid bending over, lifting (anything over 1 kg), pushing, pulling or straining for at least 6 weeks (this includes house work, lifting children, groceries etc).
- You can move your arms, neck and torso in all directions – it won't tear anything out as long as the movements are within your comfortable range.
- Be gentle with lifting your arms above your head within the first 2 weeks; often, quick movements of the arm can result in sharp, stabbing or pulling pain. Heavy lifting and repetitive activities with your arms above the head are NOT recommended for the first 6 weeks. You will notice swelling in your breast if you have done too much.
- No driving for two weeks. After two weeks, you should be able to drive when you can turn and look over your shoulder comfortably - so that you can change lanes safely
- Gentle walking is good exercise after the second week. You may be able to start exercising at 25% of your normal level after 6 weeks, graduate your level progressively over the following 4 weeks. Wear a supportive bra (with no wires) during your exercises for the first 3 months.
- Most patients with desk jobs can return to work after 2-3 weeks, but those with more manual jobs (especially repetitive arm movements) need a minimum of 4-6 weeks off work.

Temperature:

A low-grade fever up to 37.5 degrees Celsius for 1-2 days is normal. Call the office if:

- Your temperature is 38 degrees Celsius or over.
- You feel feverish, chills, or unwell

Swelling:

Swelling reaches its peak at 48-72 hours after surgery. Some patients have swelling and bruising that tracks all the way down into the upper abdomen and under the armpits. Bruising can be a range of colours from dark purple, green to yellow. Give your body at least 2 weeks for the bruises to start fading and 3 months for the swelling to disappear. The shape, size and appearance of your breast can take up to 3-6 months to settle.

Clothing & Bras:

- You need to wear a supportive bra for 3 months. This does not necessarily have to be the bra we provided – as long as there is no wire and the bra is soft and non-irritating to the scars.
- DO NOT wear an underwire bra for at least 3 months (the wires will change the shape of your breast and also irritate the scar, thus encouraging prominent scar formation).
- Delay bra and clothes shopping for at least 3 months – as your body shape and size will continue to change until the swelling in your breast has settled.

Follow-up:

- Your first follow-up is usually 5-7 days after surgery for wound check and dressing change. You will also be advised in regards to breast and scar massage by our nursing staff. Make sure you call the office to establish date and time if you have not already received your first post-operative appointment on discharge from the hospital.
- Dr Vrtik will see you at 8-10 weeks and check your progress and scars. Further advice in regards to breast care, breast screening and scar management will be discussed with you during this consultation.
- Further appointments after this will be made if necessary.
- You are encouraged to contact rooms at any stage if you have any concerns prior to your next appointment.
- You will be sent yearly reminders by our office for your yearly implant checks. It is recommended by Dr Vrtik to have your breasts examined and implant integrity checked at least every 1-2 years. If you have mammogram, it is best to schedule your appointments after your routine mammogram and please bring the results and films with you.

Wound and Scar Management:

- Once your sutures have been trimmed at one week, the nurses will apply fixomil tape to all your scars. The tapes can be showered and pat dry (or with the assistance of a hair dryer). The tape need to be changed weekly for 5 weeks.
- If you notice any oozing or breakdown of your scars while changing your tape, please contact the rooms.
- You can start massaging along the scar (over the fixomil tape) at two weeks. Use your fingers or thumb, press firmly and massage in a rotating motion along the scar. It should only take approximately 5 minutes, using both hands on both breasts. Regular massage at least 5 times a day is recommended for 3 months.
- Breast massage should start two weeks after surgery. Using the palms of your hand, firmly sweep and push your breast inwards twice, downwards twice and upwards once. Then use the palm of your hand and massage all four quadrants of your breast, in a firm rotator movement. Repeat this cycle for five minutes and for five times during the day. This need to be continued for 3 months.
- If you find that your scar is still quite lumpy and red at 8 weeks (when the fixomil tape has finished), it may be worth investing in a roll of silicone tape (available from our office if you can't get it at your local pharmacy). After shower each day, apply the tape over your scar and wear for at least 16-24 hours a day. The tape can be reused until it loses its adhesiveness (usually a week). Continue with massage of the scar each day in the shower. This is effective on modifying scars if used for at least 2 months, up to 6 months after surgery.

- Please do not hesitate to contact the rooms and make an appointment to see either Dr Vrtik or our experienced nurses if you have any concerns about your scars or your breasts at any stage.

What to Expect after a Breast Augmentation:

- While your breasts are swollen in the first few weeks, they may appear to be very big and high on your chest wall. Allow at least 3 months for the shape and size to settle.
- The skin around the operative site may be irritated and sensitive after surgery. You should avoid the sun, and use a gentle cleanser and moisturiser.
- Your breast and nipples may feel numb after surgery. Sensation will return fully. When the nerve recovers, you may experience tingling, buzzing, or electric shock sensation periodically in the breast. This is expected, and will disappear after a few months.
- The breast may feel very firm in the first few weeks. The breast massage will help with softening of the breast tissue around the implant. This can take up to three months.
- Sometimes, the skin will appear irregular, puckered and pleated around the suture lines. All this will take time to smooth out as the scar relaxes and the deep sutures dissolve. Again, massaging of the scar is important to help these settle.
- Some asymmetry of the breast and nipple is normal and should be expected from your surgery. Most people have minor asymmetry naturally, and preoperatively. Breast Augmentation surgery will not correct pre-existing asymmetry between breasts and nipples, sometimes it may accentuate it due to the swelling.
- Remember, surgery takes time to settle, and often at 4 weeks, you'll look very good, but you will not look your best yet! Often patients look better at 3 months than at 1 month after surgery.
- It is important that you contact the rooms (and not your GP!) at any stage if you have questions or concerns. We need to be fully aware of any problems you may be having, and our nurses are experienced in postoperative care; they are more than happy to help with any queries or concerns you may have, and will be able to organise an appropriate urgent appointment for you if required.

Please Contact Us if:

- You develop a fever or become unwell.
- Your nausea and vomiting persists after 48 hours.
- You develop spreading redness/rash over the operative area or suture lines.
- You feel fluid build up in your breasts or sudden swelling in the area.
- You have pain which is not relieved or controlled by your pain-killers.
- You have sudden copious discharge of fluid or oozing from your wounds.

Contact Telephone Numbers:

During Office Hours and Non-Urgent Matters – 3353 6165

After hours and for Emergencies only – 0421739149

