



MARK GITTOS | PLASTIC SURGERY

---

## BREAST AUGMENTATION POST OP INSTRUCTIONS

---

### GOING HOME

- Ensure you have your scripts and medications with you
- Organise a friend or family member to pick you up from the hospital
- Organise where you are going to sleep at home (bed/recliner), prepare a pillow for each side of your body and a few for sleeping on your back
- Arrange to have light meals post- surgery as anaesthetics can cause nausea
- Drink lots of water post- surgery
- Bring some comfortable loose clothing with you to the hospital, preferably a front buttoned shirt or dress
- Prepare ice packs to intermittently apply to cleavage part of the breast (first 48hours) if required
- You will be given a card with the serial numbers of your implants. You need to keep this in a safe place for your personal medical record and you need to register these online.

### SURGICAL GARMENT

- You will wake up after surgery with your surgical bra on
- You will be required to wear the garment full-time (day & night) for the first 6 weeks
- At 6 weeks you may wear the garment during the day only and at night if comfortable
- You will be wearing compression socks from the hospital, keep these on for 3 days or until you are walking comfortably

### MEDICATION

- At the hospital you will be given a script and instructions for pain management by the anaesthetist
- You also may or may not be given antibiotics by the anaesthetist to be taken over the next 5 days (take as per the instructions)
- You may take Panadol (Paracetamol) every 4-6 hours
- Only take medication that is prescribed
- Constipation is very common due to the pain medication and anaesthesia. Please use an over the counter or any laxative that has worked for you in the past. You may start taking something 2-3 days post-surgery

### WHAT TO EXPECT

- You should be comfortable at home however you are likely to experience heaviness, stretching and pain in the chest – a dull ache with tightness
- The pain medication prescribed will relieve it a lot but not completely
- The dull pain and pressure generally settles over the first 3-5 days
- With sub-muscular implants expect an extra 1-2 weeks of discomfort
- You may not have sensation in the nipples, this usually returns over time as your body recovers

- Shape of breast : It often takes 9 months for the breast to settle. The implant can appear to be too high in this early phase – do not worry

### **INCISION/WOUND CARE**

- You will wake up after surgery with waterproof dressings and may shower from day 7
- For showering, remove the compression bra and shower with your back facing the water
- Do not saturate the dressings
- Post shower gently pat dry dressings before placing surgical bra back on
- You may very gently blow dry the dressings on a mild heat
- Do not soak in a bath or go swimming
- You may apply moisturiser to the skin of the breast to help prevent dryness or irritation keeping away from the dressings and incision area
- In rare circumstances Dr Gittos may place a drain to remove any excess fluid that accumulates in the area. If so, you will go home with the drains which will be removed by Dr Gittos after 2 days. Be sure to keep an accurate record of drainage levels as shown to you by the nurse

### **ACTIVITIES**

- The first 48 hours: You should relax at home ensure that you have an adult with you that can help during this time
- Sleeping: Sleep on your back with your head and back supported on 2-3 pillows for the first 2 weeks and a pillow on each side
- You may sleep on your side (with a pillow to prevent you from moving) from week 3
- After 6 weeks you may sleep on your stomach if desired
- Walking: We encourage you to start walking around at home to start with as soon as possible to minimise the risk of blood clots
- Normal activities: Ease back into normal activities – most women can return to work after 7 days
- Driving; You can drive after 7 days provided you are no longer taking strong pain medications
- Smoking : You must not smoke for the first 6 weeks, doing this could lead to wound problems, poor scarring and an increased rate of capsular contraction

### **POST SURGERY APPOINTMENTS**

- You will need to see Dr Gittos or his nurse in his rooms 1 week after surgery to have your dressings changed and check the progression of healing
- Please make this appointment when confirming your surgery date with Petrina or Ita on 529 5352

### **WHEN TO CALL US**

- If you experience any of the following symptoms you should contact us promptly
- Constant severe pain
- Skin of breast is red and feels hot to touch
- Bleeding or constant oozing from the wounds
- One breast increases in size, significantly more swollen or higher than the other
- Fever