

NATHAN STEWART
Dr. Stewart.

(BREAST AUGMENTATION MAMMAPLASTY)

Immediately after surgery

You will wake up in the recovery room. The incisions are covered by a layer of glue. Beneath this glue is 3 layers of sutures. These are all internal and will dissolve over time. The glue protects the wound from bacteria and is waterproof. You should be wearing your surgical support bra.

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 may 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. Initially they may seem a little high and this is normal as most implants will drop a little over the first three months as the tissues stretch.

Bra

You should wear your surgical support bra for 6 weeks after your operation.

Please ensure you have purchased your garment before your surgery and bring to the hospital with you. BreastCare WA provide recovery compression garments and can be contacted on 9361 1300 or info@breastcarewa.com.au Visit the website on breastcarewa.com.au for more information.

Post-operative Activities

We encourage you to resume low-level activities the night of surgery. You can raise your hands above your head without extending at the elbows to allow changing your own clothes, brushing your hair etc. However, you should take things slowly and get lots of rest. Avoid cleaning your house, exercising and going out all day for the first 3 days.

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 and avoid displacement or rotation of the implants (if applicable). Sleeping in any position is fine, as long as you are in your surgical bra.

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

Avoid all strenuous exercise for the first 3 weeks to reduce 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 6 weeks after surgery.

Dressings

You may shower immediately after surgery. Pat the area dry, then back into the supportive bra. After two weeks the glue will be ready to be removed, and can easily be picked away in the shower. This is not painful. Dressing tapes are encouraged to keep the incision site supported for a further 3 to 4 weeks. Thereafter, we recommend the use of Strataderm silicone scar therapy gel which you received in your pre-op bag. Ensure your incision site is clean and dry, apply a very thin layer twice per day.

Follow up appointments

Your first visit will be scheduled to see my nurse in the first week following your surgery for a wound check, and again around the 2nd week after surgery to see my nurse and myself for a post-operative consultation. You should then schedule an appointment to see me around the 6-week post-operative mark. You will have additional appointments at the 3 and 6 month mark. These are without charge.

If any questions arise after you have left your consultation, or should you want further information, please feel free to call my rooms on 08 6373 0116.

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. Please contact my rooms if you have any issues with your medications.

Photographs

Pre-operative photographs are usually taken to aid in planning and performing surgery and become a permanent part of your patient record. The photographs do not show your face and are completely confidential. Post-operative photographs may also be taken with your permission.

Unexpected Problems

If you develop a sudden onset of pain, fever, breast swelling/redness, nausea and vomiting, bleeding, dizziness, shortness of breath, rapid heartrate, or rapid breathing contact me immediately on 08 6373 0116 during business hours or 0417 473 509 after hours.

This information is general information only. Please contact the clinic on (08) 6373 0116 if you have any concerns regarding your post-operative recovery.

AFTER HOURS: PLEASE CONTACT ME ON MY MOBILE: 0417 473 509