

Post - Operative Instructions

Expected pain and management

- During the procedure local anaesthetic was injected which should numb the operative site for 6-8 hours after your procedure.
- Whilst in hospital you will be prescribed medication to ensure that you are comfortable. Please inform the nurses of any discomfort and you will be given medication as required.
- For discharge you will be given stronger pain relief such as Panadeine Forte/Endone for you to use at home as required. These medications should be taken according to the instructions provided by the prescribing doctor and pharmacist.
- If your pain is not controlled utilising the above measures/you develop sudden severe pain, please contact WPRS for advice.

Wound Care

- Please avoid any direct pressure to your breasts. This includes not sleeping on your stomach.
- Please do not use your arms to push/pull yourself up. Please use your abdominal muscles instead of your arms when you need to sit up.
- You will be provided with an elastic tubular bandage. You should wear this all the time to control swelling and provide support. It is preferable you also wear this at night at least for the first week; however, if it is uncomfortable you may remove it at night.
- Leave your dressing intact until your review. You can shower normally over the dressing and pat it dry afterwards. If your dressing falls off, please contact WPRS for advice.
- Swelling is normal after your operation. However if you develop sudden swelling on one side please contact WPRS.
- Your review will be at 7-10 days after your operation. At this appointment your dressing will be changed and you will be provided with scar management advice.

Activity

- Please rest for the first week after the operation.
- Avoid any heaving lifting for 4 weeks after the operation.
- Avoid any running or strenuous exercise for 6 weeks after the operation.
- Your surgeon will let you know when you can return to your normal activities and work.
- Driving is not safe for at least 1 week after surgery. Ability to drive following this will depend on your level of discomfort.

If you have any concerns please contact **WPRS** on (03) 5562 5330.

- In hours your call will be answered by a nurse and managed as appropriate.
- After hours you may leave a message or your call will be diverted to the on call Plastic Surgeon.

In the unlikely event you are unable to contact anyone at WPRS then call **St John of God hospital** on (03) 5564 0600.