

Post - Operative Instructions

Expected pain and management

- Your anaesthetist will most likely prescribe a narcotic infusion via PCA (Patient Controlled Analgesia) to keep your pain under control initially and you will then be given tablets to control your pain. You will be prescribed tablets for discharge and the pharmacist/nurses will advise you how/when to take these.
- Expect your abdominal area to be more painful than your breast.
- You will be resting in bed for at least the first 24-48hrs and will slowly begin mobilising thereafter.
- Physiotherapists will see you post operatively and instruct you on appropriate exercises and advise you on simple tasks like getting in and out of bed. You will be given instruction on what you can do at home.

Wound Care

- Your wounds will be covered with supportive tape and you will have an elastic tubular bandage covering your breast and abdomen. This provides comfort and also reduces swelling. It is important to wear this 24hrs a day for several weeks.
- Leave your dressing intact until review. Once you are up to showering, you can get your dressings wet and just pat dry after. If your dressing falls off, please contact WPRS for advice.
- Swelling and bruising are normal after your operation. However if you develop sudden swelling on one side or excessive bruising please contact WPRS.
- Expect your hospital stay to be approximately 7 days. Your review at WPRS will be approximately 7 days after discharge. Your dressings will be changed at this appointment and you will be provided with scar management advice at this time.

Activity

- You will initially find that your abdomen feels tight and is pulling. This will improve in the coming weeks.
- Rest is extremely important in the first few weeks.
- Avoid any lifting, strenuous exercise or physical activity for 6 weeks.
- You will generally be advised to have 6 weeks off work.
- Your surgeon will let you know when you can return to your normal activities and work.
- Driving is not safe for at least 4 weeks after surgery. Ability to drive following this will depend on your level of discomfort and your surgeons' wishes.

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.