

## 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 a support garment. You should wear this all the time to control swelling and provide support. It is preferable you wear this at night at least for the first week.
- Leave your dressings intact until your review. You can shower normally over your dressing and pat it dry after. If your dressing falls off, please contact WPRS for advice.
- Swelling is normal after your operation. However if you develop sudden swelling 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.