

## POST - OPERATIVE INSTRUCTIONS

### Pain Management

- During the procedure local anaesthetic is injected into the operative site which should numb the area for 6-12 hours after your procedure.
- Upon discharge you may begin to feel some discomfort for which you may take:
- Panadol 2 tablets every 6 hours regularly for the first 48-72 hours.
- Anti-inflammatory e.g. Nurofen can be used in addition if required.
- Endone may be prescribed for more extensive procedures. Take this for break through pain
- If your pain is not controlled with the above measures, contact WPRS for advice.

### Wound Care

- Please avoid any direct pressure to your breast for 1 week.
- You will be provided with an elastic tubular bandage. You should wear it 24 hours per day for the first 2 weeks to control swelling and provide support. You may then remove it at night, if uncomfortable.
- Leave your dressing/s intact until your review. You can shower normally over the dressing/s and pat it dry following your shower. If your dressing falls off, please contact WPRS for advice.
- Swelling and bruising is normal after your operation. However, if you develop sudden swelling or bruising on one side please contact WPRS.
- Small amounts of ooze from your wound is normal. Please consult WPRS if you are concerned by the amount or type of discharge from the wound.

### Activity

- Please rest for the first week after the operation.
- Please do not use your arms to push/pull yourself up. Instead utilise your abdominal muscles instead when you need to sit up for the first week.
- You should avoid driving for 1 week and only return to driving once you feel safe and comfortable.
- Between 2-4 weeks post operatively, you may return to normal activities as tolerated by your body.
- Avoid any strenuous activity (e.g. heavy lifting) after your procedure for 4-6 weeks depending on your comfort and wound healing.
- You may return to sport and other strenuous exercise after 6 weeks.

### Follow-up

- Day 7 post discharge you will have a post-operative wound check with the WPRS nurse who will advise you on further wound care appointments and future scar management.

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

- Within clinic hours your call will be transferred to clinical nurse and managed appropriately.
- 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 staff at WPRS please call St John of God Hospital, Warrnambool on (03) 5564 0600.