



**Plastic, Reconstructive & Aesthetic
Surgeon**

POST-OP INSTRUCTIONS

Breast Augmentation

Rest

- Go home and rest. Sleep with head elevated and knees bent up for the first week to reduce tension on the breasts.
- When resting, flex calves by pointing toes towards ceiling then towards ground. This will maintain leg circulation reducing the risk of clots in your legs.
- Overnight, remain within 1 hour's distance of the surgery in case of complications.

Bleeding

- Minor bleeding is normal for first 24-48hrs post op.
- Heavy or prolonged bleeding contact Dr Belt on the numbers on the back of this pamphlet.
- Swelling on one side contact Dr Belt on the numbers on the back of this pamphlet.

Wound Care

- The large adhesive dressing covering your chest must be kept dry and intact until you return to the doctor in 2-3 days to have it removed.
- Wear a support bra over your dressing.
- Limit arm movement – no pushing, pulling or lifting.
- Appointment with the doctor at 7 days post op.

Pain Relief

- Anaesthetist will provide a script for pain relief sufficient for one week.
- Do not take Aspirin or NSAIDS (unless prescribed) as it prolongs bleeding.

- If these do not provide adequate pain relief contact Dr Belt on the numbers on the back of this pamphlet.

Infection

Wound infection is an infrequent occurrence. Contact Dr Belt if your experience:

- Increased pain, temperature and flu-like symptoms.
- Widespread redness.
- Offensive discharge coming from your wound.

Exercise

- Avoid strenuous lifting, aerobic exercises and swimming for 6 weeks post operatively.
- Avoid sexual activity for 2 weeks post op and breast stimulation for 4 weeks.
- Try gentle exercise i.e slow walking or isometric exercise (tensing muscle groups 6 secs at a time).
- Do not drive a motor vehicle for 7-10 days post op.

Emergency

At any time during office hours my Registered Nurse – Sally, is available to help with any concerns you might have pre & post operation. In the uncommon event that you cannot contact Dr Belt or his colleagues in an emergency, please present to Greenslopes Private Hospital Emergency Department for treatment.

Contact Numbers for Dr Belt:

Office: 07- 3852 6800

Mobile: 0414 752 358

Pacific Plastic Surgery Clinic is located at:
Level 1, 38 Misterton Street
Fortitude Valley Q 4006

If you have any problems post operatively, please contact me on the above numbers. I always prefer to know if there is a problem before you go to your GP as I am responsible for your post-operative care.

