



**Plastic, Reconstructive & Aesthetic
Surgeon**

POST-OP INSTRUCTIONS

Breast Reduction

Rest

- Go home and rest.
- Elevate your head on 4-5 pillows for the first week and keep knees bent (to reduce swelling.)
- Flex calves when resting to help maintain leg circulation and reduce possibility of clots in veins.
- Overnight, remain within 1 hour's distance of the surgery in case of complications.

Bleeding

- Minor bleeding normal for first 24-48 hours post operatively.
- Heavy or prolonged bleeding - contact Dr Belt at the numbers on the back page of this leaflet.
- Swelling on one side – contact Dr Belt at the numbers on the back page of this leaflet.

Wound Care

- The large adhesive dressings covering your chest must be kept dry and intact until your return to my rooms in 2-3days to have them removed.
- Support bra to be worn over dressing. Bring a soft bra to your 1st appointment.
- Limit arm movements, no pushing, pulling or lifting.
- Drainage to be recorded daily – bring records to 1st visit to doctor's rooms. Do not remove drains.

Pain Relief

- The Anaesthetist will provide a script for pain relief – sufficient for a week. If you run out, Panadeine should be adequate.

- Do not take Aspirin or NSAIDS (unless prescribed) as it prolongs bleeding.
- Contact Dr Belt if pain relief is inadequate.

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.
- Try gentle exercise i.e. walking or isometric (tensing muscle groups for 6 seconds at a time).
- Do not drive a motor vehicle for 5-7 days post-operatively.
- Avoid sexual activity for 2 weeks post operatively and breast stimulation for 6 weeks.

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.