

Breast Augmentation

Post Op Instructions



Rest

- ✓ Go home and rest. Sleep with your 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 surgery.
- ✓ For heavy or prolonged bleeding or if there is obvious swelling on one side contact Dr Belt on the numbers below.

Wound Care

- ✓ The large adhesive dressing covering your chest must be kept dry and intact until you return to the doctor one day after surgery.
- ✓ Wear a support bra over your dressing.
- ✓ Limit arm movement - no pushing, pulling or lifting.
- ✓ Any further wound care advice will be given at your post-operative appointment.

Pain Relief

- ✓ A script will be provided for pain relief - sufficient for one week. If you run out, Panadeine should be adequate.
- ✓ Do not take Aspirin (unless prescribed) as it prolongs bleeding.
- ✓ Contact Dr Belt if pain relief is inadequate.

Infection

- ✓ Please remember to take your antibiotics regularly as prescribed
- ✓ Wound infection is an infrequent occurrence. Contact Dr Belt if you experience:
 - Increased pain, temperature and flu-like symptoms
 - Widespread redness
 - Offensive discharge coming from the wound.

Exercise

- ✓ Avoid strenuous lifting, aerobic exercises and swimming for 6 weeks post operatively.
- ✓ Avoid sexual activity for 6 weeks post op and breast stimulation for 6 weeks.
- ✓ Try gentle exercise i.e light walking
- ✓ Do not drive a motor vehicle for 14 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, 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.