

**BREAST REDUCTION WITH OR WITHOUT IMPLANTS CARE INSTRUCTIONS**

These instructions are provided to assist in the healing process and ensure best results. If you choose not to follow these instructions it may increase your risk of possible complications and compromise results of the procedure.

WHAT TO EXPECT AFTER SURGERY

HOSPITAL STAY	A Breast Reduction operation is normally a day surgery procedure (unless otherwise discussed with Dr Doyle prior to your surgery) therefore you will leave hospital the same day.
HOSPITAL RECOVERY & DISCHARGE	After your surgery you will wake in recovery. When you awake you will have bulky padding taped to your chest. Your compression garment will also be in place. Your time spent in recovery will depend on the length of procedure and how you have responded to the surgery and the anaesthesia. The nurses will monitor you during this time and your discharge will be at the discretion of the hospital staff. Once they feel you are fit to be released, they will call your nominated person to collect you (as you will be unfit to drive).
PAIN RELIEF	You will be given a script for pain medication, for anti nausea and antibiotics to take home with you. Your Anaesthetist will provide you a full list of instructions. Any medications you have been prescribed can be collected from the JFH pharmacy.
PAIN LEVEL	Expect your breasts to have some pain and numbness in areas. Maximum discomfort will occur the first few days.
WOUND CARE	You are able to shower the following day, although it is advised to have someone with you, as you may feel dizzy. You will have a large padded dressing taped to your chest. The top padded dressing may be removed prior to your shower. You will have Opsite dressing (which is clear and waterproof) over the top of your dressing that will cover the suture line. The Opsite is to remain intact (until your first review appointment with our nurse). Please notify our rooms if you have any concerns.
COMPRESSION GARMENT	You are required to wear the supplied garment for 23hrs a day for 6 weeks.
POST OP APPOINTMENT	All future nursing appointments will be booked in advance and prior to your procedure. This will be given to you when you leave hospital (see Post Op appointment information in full on page 2).

**WHAT TO EXPECT AFTER SURGERY continued**

HEALING	You will experience swelling and bruising. The majority of this will subside in 6-8 weeks. Your recovery is subject to your response to the healing process and is different for everyone.
	You may hear and feel a 'sloshing' in your breasts after surgery. This is due to air that is trapped in the space around the breast implant and the natural fluid that accumulates after surgery. Sloshing usually dissipates within a few weeks as the body naturally absorbs the air and fluid.
DRAINS	Although not routinely used, you may have a drain coming from one or both of your breasts. Hospital staff will discuss drain care on discharge and one of our nurses will contact you to arrange a time for the drain/s to be removed.

WEEKS FOLLOWING SURGERY

GCPS POST OP APPOINTMENTS	The standard review appointments following Breast Reduction are as follows:
	1. Approximately 7-14 days post surgery you will be reviewed by our nurse. During this visit your Opsite (clear waterproof dressing) will be removed but the other dressing will remain intact.
	2. Approximately 3-weeks post-surgery you will be reviewed by our nurse and Dr Doyle. Your dressing will be removed, and you will be given a sample of Stratamed and shown how to apply to your wound.
	3. Approximately 6-week post-surgery at your review with Dr Doyle you will be given a sample of Strataderm for further scar care. All other appointments following this vary slightly between patients. However, review appointments are quite common approximately 3 months and 6 months post-surgery. During one of these visits, you will have photographs taken for your medical records.
SCAR CARE	<p>Dr Doyle's recommended topical scar treatments are Stratamed and Strataderm.</p> <ul style="list-style-type: none">• STRATAMED – Commence using approximately 3-weeks post-surgery, you will be given a sample to use until your next appointment (at approximately 6 weeks)• STRATADERM - Commence using approximately 6-weeks post-surgery, you will be given a sample to use until completed.<ul style="list-style-type: none">○ Follow manufacturer's directions of use. It is recommended as a minimum treatment to continue daily applications for 60 – 90 days until satisfied and no further improvement is seen.○ Once your sample has been used this product may be repurchased from our friendly reception team.



RETURNING TO DAILY ACTIVITIES

HEALING / SWELLING / IRRITATION	For comfort and reduced swelling sleep with your upper body slightly raised on 1 to 2 pillows for as long as swelling persists.
	It is quite common for your two breasts to heal differently. One may experience more swelling or the shapes may initially differ. The shape and size will change throughout healing.
	Avoid wearing an underwire bra for 3 months due to the incision being where the underwire falls as irritation and complications may occur.
EXERCISE / ACTIVITY	Start walking as soon as possible because this helps to reduce swelling and lowers the risk of blood clots.
	Allow yourself at least 1 to 2 weeks to recuperate before returning to non-strenuous work. No lifting above the head during this time. Most patients may resume light exercise 5 to 6 weeks after surgery.
	Strenuous exercise is restricted for 6 - 8 weeks as it may cause increased swelling, bleeding, which may lead to disruption of the healing process. These include activities such as upper body weight training, push-ups and running.
SWIMMING & SUN EXPOSURE	Your scars will be reddened for about 12 months, then should start to fade and soften. Avoid exposing scars to the sun. If the sun is unavoidable, always apply sunscreen.
	No ocean water or pool water for 3-4 weeks post surgery or until your wounds are fully healed.
DRIVING	You are not allowed to drive for the first 24 to 48 hours post anaesthetic. We advise you to refrain from driving for the first week after your operation for safety reasons. However, should you do so before this time you must be able to operate your car in a safe manner. This means you have to be able to react and move without pain and when you are no longer taking any narcotic medications. Swelling and pain may increase after driving due to the use of your chest muscles.

CONTACT INFORMATION

If you have any concerns regarding your care please see our website for care information. Alternatively do not hesitate to contact our rooms on (07) 5598 0988. If the rooms are unattended and you are unwell and need medical attention please seek treatment at your GP, an Emergency Department of your choice or call 000.