

## **Post-surgery instructions after breast enlargement surgery**

### AFTER SURGERY

1. Most patients are able to go home the morning after surgery.
2. Most patients do not need to have drains (tubes with attached bottles) after this procedure. However, if a drain has been used, it will be removed before you go home.
3. The dressings will be checked, and if necessary changed, before you are discharged.
4. You will be given simple painkillers to take home.

### AFTER DISCHARGE

1. Please wear the sports bra day and night for the first four weeks. After this, wear it during the day for the next two months. Avoid underwired bras for the first three months.
2. A quick shower is allowed – gently pat the dressings after. Avoid baths or long showers until you have been told that the wounds have healed.
3. Take simple painkillers (Paracetamol) as needed. Try to avoid painkillers containing Morphine or Codeine. Most patients do not need much painkillers.
4. Continue to wear the TED stockings (supplied by the hospital) until you are back to normal level of activities.
5. In case of any worries or problems, please ring the hospital ward straightaway.
6. To make or change a hospital appointment, please ring the outpatient clinic directly.
7. Please email me at [anindyalahiri@hotmail.com](mailto:anindyalahiri@hotmail.com) for any non-urgent queries.

### FURTHER APPOINTMENTS

1. You will be seen in the dressing clinic by the nurses (and usually by me as well) 5-7 days after the surgery. The dressing will be changed and tapes will be applied to the wound.
2. The stitches are dissolving and will not need removal.
3. You can continue with gentle showers.
4. The nurses will arrange to see you regularly until the wounds are completely healed.
5. I will see you at 6-8 weeks after surgery.
6. You will be given paper tapes (Micropore) to apply over the scars for the first three months. Change the tape only when it becomes loose.
7. After this period, gently massage the scars with moisturizing cream and avoid direct sunlight for six months.

### SPORTS & ACTIVITIES

1. Avoid any strenuous exercises or activities for the first two weeks. In particular, avoid any excessive movement of the arms or upper body.
2. Driving may be resumed from the second week if you feel comfortable.
3. You can return to normal activities including exercising, jogging, lifting any heavy objects after six weeks.