

Post-operative Instructions

Mammoplasty

Bandages:

- ✓ You stay at the clinic for two nights. The postoperative care involves administering medicine (analgesic, and if necessary, antibiotics and anti-thromboembolism medicine) as well as regular checks on the your state.
- ✓ During the first check-up, the bandages are changed and the wound is checked and rinsed with disinfectant. A new bandage is placed over the area. The surgical drains used during the operation are removed on the third day of the operation.
- ✓ In the immediate post-operative period (for one month), the elastic bra can be taken off only for the time necessary for personal hygiene. After this, the client should still wear the elastic bra for 6 to 8 more weeks (but ideally several months) especially during a physical activity and certain strain. The bandage helps the healing process and makes moving easier.

Regime and Rest:

- ✓ The post-op period is rather painful. The wound is very sensitive, especially when moving, coughing and deep breathing. It is vitally important to rest. **The ideal position is on the back, with the body and legs slightly elevated to reduce, as much as possible,** any post-operative complications such as bleeding, haematomas or swelling. However, some of these will appear.
- ✓ It is very important to reduce **ARM MOVEMENTS** in order not to strain the operated area.
- ✓ You should avoid sudden movements and physical strain. Even at home it is recommended to keep the position on the back with the body and legs slightly elevated.
- ✓ Get plenty of rest.
- ✓ Follow balanced diet.
- ✓ Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- ✓ Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- ✓ Do not drink alcohol when taking pain medications.
- ✓ Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- ✓ If you are taking vitamins with iron, resume these as tolerated.

Activities:

- ✓ Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- ✓ Do not drive until you are no longer taking any pain medications (narcotics).
- ✓ Do not drive car for 2 weeks; after 2 weeks, only drive car with automatic shift and power steering.
- ✓ Do not drive until you have full range of motion with your arms.
- ✓ Limit use of arms for 4-6 weeks.
- ✓ No heavy lifting.
- ✓ Avoid strenuous exercise and activities for 4-6 weeks.

- ✓ Social and employment activities can be resumed in 7-14 days (this will vary depending on your type of work).

Incision Care:

- ✓ If drainage tubes have been placed, you may shower 48 hours after removal.
- ✓ Avoid exposing scars to sun for at least 12 months.
- ✓ Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- ✓ Keep steri-strips on.
- ✓ Keep incisions clean and inspect daily for signs of infection.
- ✓ No tub soaking while sutures or drains are in place.
- ✓ Leave dressing on for length of time prescribed by your surgeon.
- ✓ Wear your surgical bra 24/7 for 6 weeks post op (your surgeon may modify these instructions).

Massages:

- ✓ It is possible to apply pressure massages one week after the stitches have been removed or absorbed, if recommended by the doctor.
- ✓ Special lotions or gels minimising scars or haematomas can also be recommended by the physician.

Undesirable Habits:

- ✓ Smoking and addictive substances generally speed up ageing and slow down the healing process; they should be avoided (at least one to two months).

Possible Reactions after the Operation:

- ✓ Normally your temperature may rise slightly for a period of two to three days. An analgesic can easily ease the discomfort connected to any possible pain in the area operated upon.
- ✓ You might experience pain in the area of the scars. This is quite common but an analgesic can ease it.

Possible Complications:

- ✓ Post-operative bleeding, or bleeding caused by insufficient post-operative care at home.
- ✓ Swelling
- ✓ Wound rupture caused by physical strain
- ✓ Prolonged healing
- ✓ Haematomas
- ✓ Infection of the wound
- ✓ Imperfect effect resulting from nonobservance of the post-operative instructions given by the doctor.
- ✓ May be some loss of sensation in the nipples.
- ✓ Scars will fade in several months to a year.

When to Call:

- ✓ If you have increased swelling or bruising.
- ✓ If swelling and redness persist after a few days.

- ✓ If you have increased redness along the incision.
- ✓ If you have severe or increased pain not relieved by medication.
- ✓ If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- ✓ If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- ✓ If you have bleeding from the incisions that is difficult to control with light pressure.
- ✓ If you have loss of feeling or motion.

These instructions are based on a normal post-operative condition. Healing and recovering are highly individual processes and apart from the patients' capacity to heal these also depend on their conscientiousness and respecting the post-operative instructions.

We would love to see how the healing process went and if you are satisfied with the results. Could you please send us some pictures after 2-3 months after the surgery so we can evaluate the results of the treatment.

Cosmetic Surgery Post-operative Care:

For full post-operative care, including wound dressings, removal of sutures, wound fluid aspiration and general advice following the surgery, our patients can receive preferential rates at:

Medical Express Clinic

117a Harley Street
 London W1G 6AT
 Tel: 02074991991

or

Karen Marwood-Jones R.G.N.

4 Upper Wimpole Street
 London W1G 6LF
 Tel: 07901822393

The cost of the consultation will vary, according to the nature of your surgery. For standard wound care and suture removal, MediCzech patients will be charged only £80 per session.

or

Judith Jobling, RGN. RM. INP. LLB (Hons)

Aesthetic and Bariatric Nurse Specialist and Band Fill Practitioner

Beauty Is Skin Deep
 3 Chiltern Avenue, Flixton
 Manchester M41 8SX
 Tel: 07947606275

Free personal consultation at clinic which is situated near motorways and close to the Trafford Centre. Evening and weekend appointments available. Home visits can be arranged at extra cost.