

**Adelaide  
Plastic  
Surgery  
Breast  
Procedures**



**Discharge  
Information**

# Breast Procedures Discharge Information

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## Recovery

Immediately after your operation you will be transferred into the recovery area where you will stay until you wake up.

The nursing staff will observe you and make sure you are recovering well.

You may be ready to go home in a few hours or you may stay overnight.

If you stay in hospital, you will have your dressings removed and shower the following morning. The nursing staff will fit you with your bra.

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## Bleeding

If the area bleeds:

- Sit or lie down.
- In the first 24 hours, it is not uncommon for dressings to be stained by bleeding. If the dressings, however, should become soaked with blood please contact the clinic immediately.
- Apply firm pressure over the area for 20–25 minutes.
- If bleeding does not stop please call and speak to one of the nursing staff on 8213 1800 Monday to Friday 9.00am to 5.00pm.
- Outside of these hours please call 8213 1800 and listen to the message. You will be provided with contact details for our on call surgeon or nurse.

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## Pain or discomfort

Discomfort and pain immediately after your operation is normal, and your doctor may prescribe a pain reliever. Do not drive while you are taking prescription pain relievers or sedatives.

Aspirin based pain relief should not be taken before or immediately after surgery as this can increase the tendency for you to bleed.

If the pain worsens over the first few days please phone and speak to one of our nursing staff.

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## Exercises

Depending on your procedure and surgeon you may be required to perform some simple exercises. If this is the case your recovery nurse will have you perform them prior to discharge.

These exercises are:

- raising your arms above your head
- placing your hands on your hips and gently pulling your shoulders back.

Please repeat these exercises three times a day for the next two days.

Only do these exercises if you have been instructed to.

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### **Care at home**

You may be required to wear your bra day and night for 6 weeks from the day of your surgery. The bra helps control the bruising and swelling, gives you support and helps reduce your pain.

Some patients will be fitted with a bra at day 10–14. Prior to this a supportive tank top is advised.

Patients often purchase two garments, to allow one to be laundered while the other is worn.

You can shower as usual, leaving the tape intact. Pat the tape dry or blow dry with a hairdryer on a cool setting. If the tape comes off before your next appointment leave your wound open. Do not swim or have a bath.

A plastic tube may be inserted into each breast to drain off the excess fluid. They remain in place until the drainage is minimal and are removed by the nurse, usually a day or two after your surgery. Your sutures will be removed on day 10–14 or you may have dissolvable sutures.

Strenuous activities should be restricted for at least 4–6 weeks after your surgery. Walking and light exercise is okay after 2 weeks.

Sex can be resumed when you feel comfortable. Your surgeon will instruct you when you can return to work, usually 2–3 weeks depending on your job.

If you smoke, quit! Smoking interferes markedly with healing and is a risk factor in Breast Cancer.

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### **Scar management**

All surgeries result in scarring. To help you to achieve the best results, a number of options suitable to your particular circumstance will be discussed at the appropriate time once healing has occurred.

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### **Any concerns**

Please phone 8213 1800 and ask to speak to our nursing staff Monday to Friday 9.00am to 5.00pm.

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### **In case of an emergency**

Your surgeon or the on call surgeon can be contacted on 8213 1800 at any time.

# We deal with whatever life deals out

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Plastic, Cosmetic  
& Reconstructive  
Surgery

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General Surgery,  
Surgical Oncology  
& Breast Surgery

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Cosmetic &  
Laser Physicians

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Nurse Injectors

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