

David Lam

Consultant Plastic Surgeon

BREAST AUGMENTATION Patients of Mr. D. Lam

POST OPERATIVE INSTRUCTIONS:

- 1) If drains are insitu they will be removed on the morning of discharge.
- 2) For the first 14 days sleep face up and try to keep your head and shoulders raised.
- 3) If you need to take painkillers take paracetamol. Avoid taking Aspirin or painkillers that contain Aspirin as they might encourage bleeding. Your normal bowel action may be disrupted following surgery, if you need to take a laxative ensure you use a mild one. If you have been prescribed antibiotics it is important that you complete the course.
- 4) The wounds are covered with showerproof pads. You may have a shower or bath after the first day, just pat dry the pads and leave it intact.
- 5) During the first 10-14 days following surgery you could possibly notice any of the following:
Your breasts are not symmetrical, experience pain and stiffness at its worst first thing in the morning, burning sensation and sharp pains intermittently, experience some numbness around breasts, nipples may appear numb or hypersensitive. Moving your arms regularly will relieve the sharp spasms.
- 6) Dressings will be removed and wounds inspected 7 days after surgery. Micropore tape will be used directly on the scar for up to 6 weeks which should last 7-10 days and is showerproof.

If the Micropore cannot be tolerated, then once the scars are healed at two weeks onwards, they can be massaged with simple moisturiser e.g. Vaseline/Nivea/E45 Bio Oil is also OK provided the scars are healed. This will help take their sensitivity away.
- 7) Limit your upper arm activities for the first 14 days, no strenuous activities during the first 14 days. You should not drive home the day after surgery and should refrain from driving for the first week. Picking shopping bags by 2

weeks is fine. Gradually work your way back to normal activities (such as the gym) within 6 weeks. Sexual activity is fine at this stage.

8) During the first 6 weeks post-operative period you are not advised to do the following: Swimming, sun/sunbed to breasts, any strenuous exercise. Driving is OK at one week.

9) If you experience undue pain or unusual swelling, bleeding or discharge from the wounds, or fever, you must inform the Hospital.

10) Please wear the support bra for 6 weeks if subglandular. If the implant submuscular, your bra will include a strap stabiliser to prevent implant movement. The supplied garment is best for comfort in the first 6 weeks. If you'd like to purchase another surgical garment, please use LAM15 for Macom or LAM10 for Lipoelastic.

After this normal bras are OK as soon as the scars are desensitised.